



DESIGNING MOBILE APPLICATION FOR HEALTH PRESERVATION GUIDELINES (I-HPG): DERIVES FROM PROPHETIC TRADITIONS

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Abstract

The rising interest in a healthy lifestyle that harmonizes modern health practices with traditional Islamic teachings has spurred the development of digital tools, such as mobile applications. This study investigates the integration of Prophetic traditions (Hadith) into a modern mobile application designed for health preservation. The objective of this study is to outline the design process, focusing on the selection of relevant Hadiths, the contextualization of traditional wisdom within contemporary health practices, and the development of an intuitive interface that enhances user engagement. The application, named i-HPG, serves as both a preventive health tool and an educational resource, promoting holistic well-being through the health principles espoused by Prophet Muhammad (PBUH). The ADDIE Model was applied to ensure the application remains accessible and engaging for its target audience. This study also addresses the challenges of balancing religious authenticity with modern usability standards and provides insights into the potential impact of such a tool on the Muslim community's approach to health maintenance. The methodology employed involves a comprehensive analysis of Hadiths related to health preservation, which are then systematically integrated into a user-friendly digital platform. The application includes features on dietary and eating etiquettes, mental and spiritual therapies, and educational content that underscores the health benefits of adhering to Sunnah-based health preservation guidelines. The study concludes that digital tools like the proposed mobile application can significantly promote health-conscious behaviours aligned with Islamic teachings.

Keywords: Mobile application, Health preservation, Prophetic traditions.

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INTRODUCTION

The increasing interest in health and wellness, which bridges modern medicine and traditional Islamic teachings, has opened new avenues for integrating religious principles into digital health tools.¹ This synergy not only supports physical and mental well-being but also nurtures spiritual growth through the lens of Prophetic traditions. As digital health innovations continue to evolve, the integration of authentic Hadiths offers a unique platform to promote holistic health, guided by faith-based values. Prophetic traditions (Hadith) provide timeless guidance on maintaining physical, mental, and spiritual health,² emphasizing a balanced lifestyle that nurtures the body, mind, and soul. These teachings advocate for proper nutrition, regular physical activity, emotional resilience, and a strong connection to God through prayer and reflection. For instance, the Prophet Muhammad (PBUH) emphasized moderation in eating, the importance of cleanliness, and the practice of gratitude all of which contribute to overall well-being. Additionally, Hadiths encourage fostering positive relationships, managing stress, and seeking knowledge, forming a holistic approach to health.

With the rise of mobile technology, there is a growing opportunity to merge these teachings with modern health practices through innovative applications.³ Mobile apps can incorporate Hadith-based principles, such as reminders for balanced meals, regular physical activities, and mindfulness practices, offering users a personalized approach to health that aligns with both spiritual and physical well-being.

Furthermore, features like prayer time notifications, mental health support based on Islamic teachings, and virtual wellness communities can provide holistic support, promoting a harmonious balance between tradition and modern health solutions.

The proposed mobile application, i-HPG (Islamic Health Preservation Guidelines), aims to offer an accessible platform that incorporates health-related Hadiths into everyday life, promoting a holistic approach to well-being based on the Sunnah.^{4,5} The app will provide users with practical tools such as daily tips, motivational reminders, and educational content on topics like nutrition, exercise, and mental health, all rooted in Islamic teachings. Additionally, i-HPG will feature personalized tracking for physical and spiritual practices, such as meal logging, water intake, exercise routines, and prayer, encouraging users to align their lifestyle with the values of moderation, gratitude, and balance, as emphasized in the Hadiths.

This study outlines the design and development of i-HPG, emphasizing the careful selection of Hadiths, their contextualization within contemporary health frameworks, and user-centric design to ensure engagement and usability.⁶

LITERATURE REVIEW

Islamic Health Principles and Prophetic Guidance

Islamic teachings, particularly the Hadith, offer a wealth of information on health preservation, including dietary habits, hygiene, mental health, and overall lifestyle choices that contribute to well-being. Previous studies have proven that these practices align closely with many contemporary health recommendations, demonstrating the timeless nature of Prophetic guidance.^{4,5} These teachings emphasize balance, moderation, and cleanliness, which align closely with many modern health practices.

Prophetic traditions related to diet, such as the practice of eating in moderation and consuming natural foods like honey, olive oil, and dates, have been demonstrated to offer significant health benefits.⁷ Studies indicate that these foods are rich in essential nutrients and antioxidants that support cardiovascular health, boost immunity, and reduce inflammation.⁸ For instance, honey, as mentioned in the Hadith, has been extensively studied for its antibacterial and anti-inflammatory properties, validating its traditional use in wound healing and as a natural sweetener.⁹

The Prophetic advice on personal hygiene, including practices such as washing hands before and after meals, trimming nails, and using miswak (a traditional toothbrush), not only promotes cleanliness but also prevents the spread of infectious diseases.² These practices are foundational to modern hygiene standards, emphasizing their timeless relevance.

Mental health preservation is another critical aspect of Prophetic teachings. Prophet Muhammad (PBUH) advocated for managing anger, engaging in positive social interactions, and practicing gratitude and mindfulness. This aligns with contemporary psychological interventions for mental health.⁶ For instance, gratitude, a concept deeply embedded in Islamic teachings, has been linked to improved mental health outcomes, including reduced symptoms of depression and anxiety.¹⁰

Spiritual well-being, as emphasized in Islam, is achieved through regular prayer, meditation, and recitation of the Qur'an, which have been proven to reduce stress, improve emotional regulation, and enhance overall life satisfaction.¹¹ The therapeutic role of spirituality in mental health is increasingly recognized in contemporary psychology, further validating the Prophetic guidance on spiritual practices.

The Role of Mobile Applications in Health Promotion

Mobile applications have increasingly been used to promote healthy behaviours, with evidence supporting their effectiveness in enhancing user engagement and adherence to health guidelines.¹²

Digital tools, particularly those with educational and interactive components, have successfully fostered health-conscious behaviours, making them ideal platforms for integrating religious teachings.¹³

The literature review explores the existing body of work related to Islamic health principles derived from Prophetic traditions, the increasing role of mobile applications in health promotion, and the challenges of integrating traditional religious teachings with contemporary health practices. By analyzing these areas, this review provides the context and justification for developing the i-HPG application.

The rapid advancement of digital technology has transformed how health information is accessed, shared, and utilized. Mobile applications have become a prominent tool in health promotion, offering users accessible and personalized resources to improve their well-being. A systematic review of mobile health (mHealth) applications suggests that these digital tools significantly impact health behaviour change, particularly when they include interactive features such as goal-setting, reminders, and feedback.¹³

The integration of educational content into mHealth apps has been reported to enhance user engagement and improve knowledge retention. Apps that combine evidence-based health advice with interactive elements tend to be more effective in motivating users to adopt healthier lifestyles.¹³ For example, fitness and nutrition apps that provide tailored recommendations based on user data have demonstrated success in promoting weight loss, increasing physical activity, and improving dietary habits.³

The unique potential of mobile applications lies in their ability to provide real-time feedback and personalized interventions. Applications designed with a focus on user experience and accessibility can reach diverse populations, including those with limited access to traditional healthcare services.¹⁴ This capability is particularly valuable in promoting preventive health measures, as users are encouraged to make small, sustainable changes to their daily routines.

Islamic-themed health applications are emerging as a niche but rapidly growing segment within the mHealth landscape. These apps often incorporate religious teachings to promote health behaviours, making them particularly appealing to Muslim users who seek to align their lifestyle choices with their faith.¹⁵ For example, applications that provide reminders for prayer times, fasting schedules, and Islamic dietary guidelines have been well-received, demonstrating the demand for faith-based digital health tools.

Research indicates that religiously themed health apps can enhance user motivation and adherence by linking health behaviours to spiritual rewards, such as seeking Allah's pleasure.¹⁶ However, these apps must balance religious content with usability, ensuring the information is accessible and engaging for a broad audience.

Challenges in Integrating Religious Teachings with Modern Health Practices

The integration of traditional religious teachings with modern health practices presents unique challenges, particularly in the context of mobile application development. One major challenge is ensuring the authenticity of religious content while meeting contemporary usability standards. Users expect applications to provide accurate, reliable information, especially when it involves religious teachings that impact personal health decisions.¹

Ensuring theological accuracy requires close collaboration with Islamic scholars during the content development phase. This is crucial for verifying that the selected Hadiths and their interpretations align with accepted Islamic teachings. Any deviation or misrepresentation could lead to a loss of credibility and trust among users, which is particularly sensitive in the context of religiously inspired health applications.¹⁷

Another challenge is the need to contextualize traditional teachings within modern health paradigms. While many Prophetic traditions align with current health guidelines, some require careful explanation to make them relevant to contemporary audiences. For instance, the Hadith recommending the consumption of certain foods may need to be accompanied by modern nutritional information to illustrate their health benefits effectively.²

Usability is a critical factor in the success of health applications. Users are less likely to engage with apps that are difficult to navigate, cluttered with jargon, or lack interactive features.¹⁸ Religious health apps face the additional challenge of presenting complex theological concepts in a way that is simple and intuitive without compromising the depth and authenticity of the teachings. Designing a user interface that is visually appealing, culturally appropriate, and easy to use is essential for maintaining user engagement.¹⁴

The sensitive nature of some health topics, such as mental and sexual health, also poses a challenge. These areas are often under-discussed within traditional Islamic contexts due to cultural taboos and misconceptions. The development of the i-HPG application involves carefully framing these topics within the boundaries of Islamic teachings while providing scientifically accurate information.¹² The inclusion of spiritual therapies, such as dua (supplication) and Qur'anic recitations for mental well-being, offers a way to address these topics sensitively and respectfully.

Finally, privacy and data security are critical considerations, particularly when dealing with personal health information. Users must be assured that their data is handled with the utmost confidentiality, in accordance with both ethical standards and Islamic principles. Developing robust data protection measures and transparent privacy policies is vital to building trust and ensuring the long-term success of the application.⁶

The Need for Integrative Approaches in Islamic Health Apps

There is a growing recognition of the need for integrative approaches in the development of Islamic health applications. Combining traditional Prophetic wisdom with contemporary health practices offers a unique opportunity to promote holistic well-being among Muslim users. Applications like i-HPG, which provide both spiritual and practical health advice, can bridge the gap between ancient teachings and modern lifestyles.

Studies have proven that users of religious health apps often seek guidance that aligns with their values and cultural context, highlighting the significance of culturally sensitive design.⁶ By incorporating features such as Hadith-based dietary guidelines, spiritual therapies, and reminders for health-promoting behaviours, i-HPG aims to create a comprehensive tool that resonates with its audience.

In conclusion, the literature supports the potential of Islamic health applications to play a significant role in promoting well-being. However, developers must navigate the complex interplay of religious authenticity, modern usability standards, and user expectations. The i-HPG application represents an effort to meet these challenges by offering a digital platform that integrates the timeless health principles of the Prophetic traditions with contemporary health insights.

METHODOLOGY

Research Design

The study will employ a mixed-methods approach, utilizing both qualitative and quantitative data to inform the design of the i-HPG application. The ADDIE Model (Analysis, Design, Development, Implementation, Evaluation) will be used as the framework for the development process, ensuring a systematic approach that integrates user feedback at each stage.

Selection and Analysis of Hadiths

A comprehensive review of Hadith collections will be conducted, focusing on those that provide guidance on health preservation. The collection of hadiths related to this topic will be obtained through direct reference to the hadiths included in specific chapters on medicine and health, such as Kitāb al-Ṭibb or Kitāb al-Mardā in the primary Hadith works like Ṣaḥīḥ al-Bukhārī, Ṣaḥīḥ Muslim, Sunan Abī Dāwūd, and Jāmi‘ al-Tirmidhī.

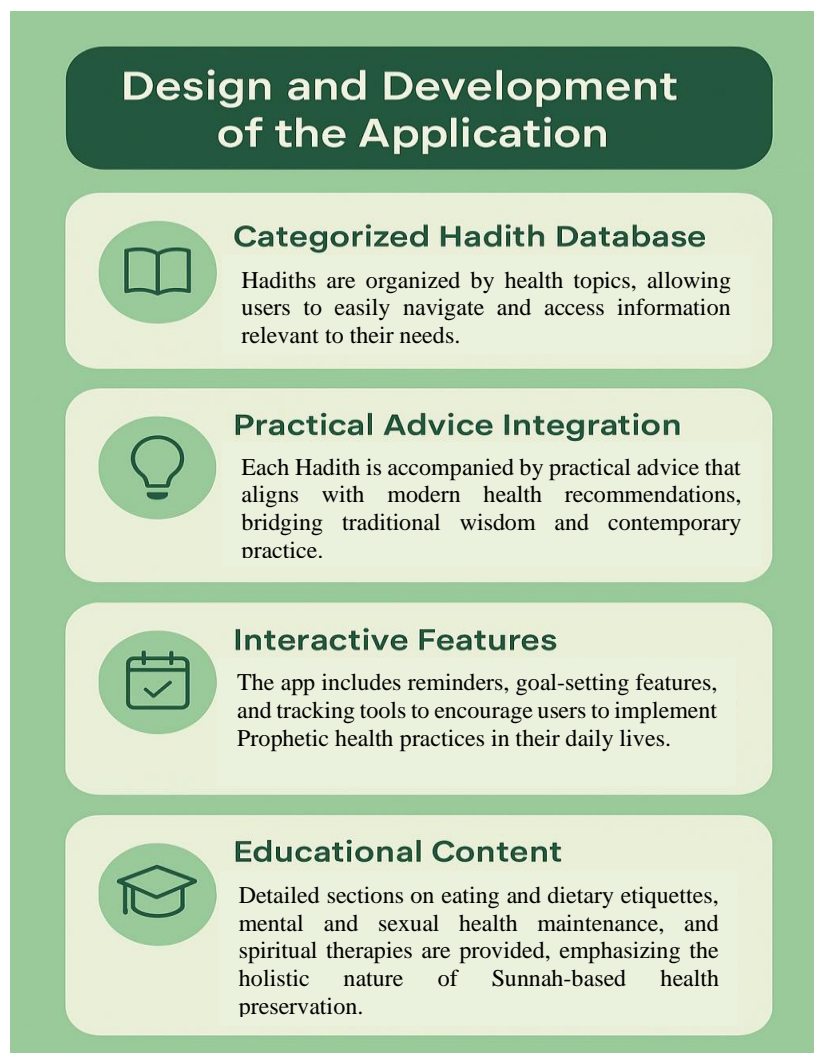
These hadiths will then be classified according to certain themes, such as dietary habits, mental health, physical fitness, and hygiene, after referring to authoritative hadith commentaries like Fath al-Bārī by Ibn Hajar al-‘Asqalānī, Sharḥ Ṣaḥīḥ Muslim by al-Nawawī, and Ma‘ālim al-Sunan by al-Khaṭṭābī. These references will be especially important in the effort to clarify the complexity of certain phrases or words spoken by the Prophet (PBUH) and the Companions in specific hadiths.

In addition, the selected hadiths will be limited to those with the status of ṣaḥīḥ (authentic) or ḥasan (good) only, with a strong commitment to exclude the use of ḍa‘īf (weak) hadiths in this study, except when absolutely necessary to resolve certain issues. Even so, their use will be restricted to mildly weak ḍa‘īf hadiths only, without involving completely weak or fabricated hadiths.

Design and Development of the Application

Before progressing to the design phase, it is crucial to first assess and understand the needs and expectations of the target users. This ensures that the developed interface will deliver an optimal user experience.

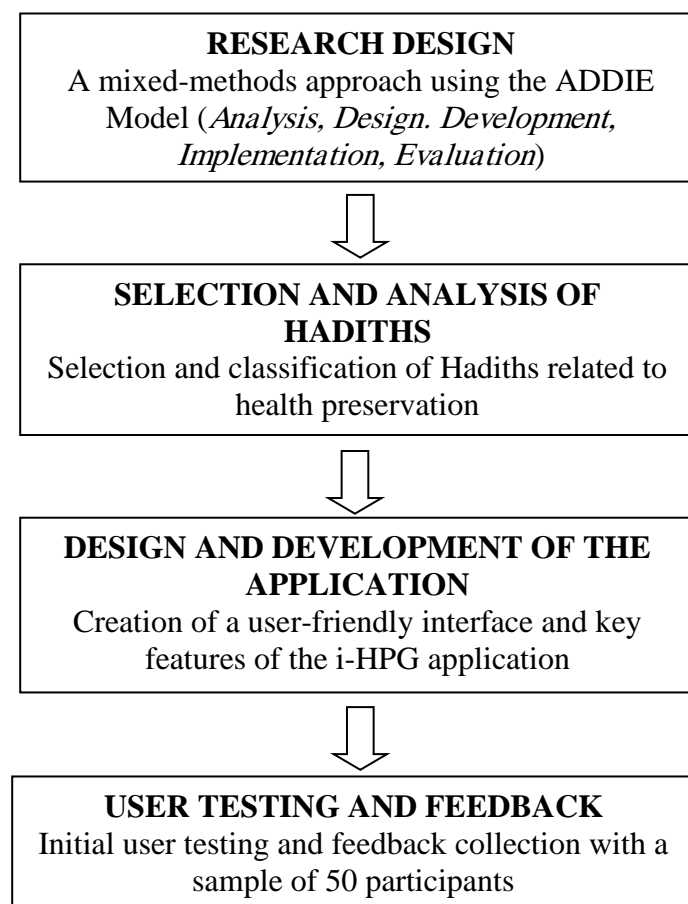
Hence, the design phase will primarily focus on creating an intuitive and user-friendly interface that accommodates a diverse audience.



User Testing and Feedback

The trial design elements of this study will adhere to the Consolidated Standards of Reporting Trials (CONSORT) guidelines for pilot and feasibility studies.¹⁹ Initial user testing will be conducted with a sample group of 50 participants from diverse demographics, including students, professionals, and homemakers. To assess the acceptability of the i-HPG application, a process evaluation questionnaire adapted from Hammersley et al.²⁰ will be employed. This questionnaire will be designed to evaluate user acceptability regarding content, program duration, intervention dose, and mode of delivery.

A 5-point Likert scale, with responses ranging from 'strongly disagree' to 'strongly agree,' will be utilized in the process evaluation questionnaires. Usability testing and user acceptability of the i-HPG application will be assessed immediately following the completion of the program. Participants will be requested to independently complete a self-administered evaluation form at the end of the program.



Infographic 1: The design and development of the application

EXPECTED RESULTS

Based on initial testing, the i-HPG application is expected to achieve the following outcomes:

Effective Integration of Prophetic Traditions:

The i-HPG application should successfully incorporate relevant Hadiths related to health preservation, contextualizing these traditional teachings within modern health practices. This integration should be evident in the app's content and functionality. It achieves this by curating a selection of Hadiths that cover various aspects of health, such as diet, hygiene, and well-being, and contextualizing these teachings with contemporary health recommendations. The app will provide detailed explanations and interpretations to bridge traditional wisdom with modern science, offering users a clear understanding of how Prophetic advice applies to current health practices.

To enhance user engagement, the app will feature interactive elements, such as quizzes and health trackers, along with personalized recommendations based on individual health profiles. The user-friendly interface will facilitate easy navigation, while a feedback mechanism will enable users to contribute to ongoing improvements. The integration of Prophetic guidelines with interactive tools will ensure that users can practically apply traditional advice to their daily lives.

Additionally, the i-HPG application will incorporate evidence-based modern health practices alongside traditional teachings, creating a balanced approach to health management. By offering educational resources and health-tracking features, the app will help users harmonize Prophetic principles with contemporary health guidelines, promoting a holistic and informed approach to well-being.

User Engagement and Usability:

The application is expected to feature an intuitive interface that facilitates easy navigation and engagement. Users should find the app accessible and user-friendly, leading to regular interaction and effective utilization of its features. For the i-HPG (Health Preservation Guidelines) mobile application, it is essential to ensure an intuitive interface to promote ease of use and user engagement. The design should be simple and clean, with a minimalist layout to help users focus on essential features without distraction. A consistent theme in colour scheme, typography, and iconography will enhance visual coherence.

Navigation should be user-friendly, featuring an intuitive menu structure with recognizable icons and labels. A powerful search function will allow users to quickly find specific information. Interactive features such as quizzes, reminders, and personalized health goals can keep users engaged and provide a more tailored experience. Accessibility is crucial; hence, the app should support screen readers, offer high-contrast modes, and use large, readable fonts to cater to users with disabilities. Multi-language support will also make the app more inclusive.

To ensure users are comfortable with the app, include guided tutorials or walkthroughs for new users and offer easy access to help and support through FAQs, contact support, or live chat options. Regular updates and feedback mechanisms will help continuously improve the app. Implementing a system for users to provide feedback and report issues, along with keeping them informed about new features or updates, will enhance user satisfaction.

Performance and stability are key, so the app should be optimized for fast load times and smooth interactions, with offline functionality where possible. Additionally, using analytics to track user behaviour will provide valuable insights for ongoing improvements. By focusing on these elements, the i-HPG app can provide a user-friendly experience that encourages regular interaction and effectively utilizes health preservation guidelines based on prophetic traditions.

Holistic Health Promotion:

The app should promote holistic well-being by offering guidance on dietary etiquette, mental and spiritual therapies, and other health-related practices based on Prophetic traditions. Users are expected to report increased awareness and application of these health principles in their daily lives. The i-HPG (Health Preservation Guidelines) mobile application aims to promote holistic well-being by offering comprehensive guidance on dietary etiquettes, mental and spiritual therapies, and other health-related practices based on Prophetic traditions. The app will provide users with practical advice and actionable insights into maintaining a balanced and healthy lifestyle that aligns with these traditions.

In addition to offering detailed guidelines on diet and nutrition, the app will include mental and spiritual well-being resources, such as meditation practices, stress management techniques, and spiritual reflections. Users will have access to curated content that integrates these aspects seamlessly into their daily routines, fostering overall health and personal growth.

To ensure the app's effectiveness, users are expected to report increased awareness and application of these health principles in their daily lives. The app will include features for tracking progress, setting health goals, and reflecting on personal experiences. By engaging with these resources, users should experience improved health outcomes and a deeper understanding of the holistic approach to well-being as taught in Prophetic traditions.

Educational Value:

The application is anticipated to serve as an educational resource, enhancing users' understanding of Prophetic health guidelines and their benefits. This should be reflected in improved health literacy among users. The i-HPG (Health Preservation Guidelines) mobile application is anticipated to serve as a key educational resource aimed at deepening users' understanding of Prophetic health guidelines and their numerous benefits. The app will feature comprehensive educational materials, including detailed explanations of health principles based on Prophetic traditions, practical tips for implementation, and evidence-based insights into their positive impact on well-being.

To enhance health literacy, the app will provide interactive learning modules, such as informative articles, instructional videos, and infographics that break down complex health concepts into easily digestible information. Users can also access expert interviews and Q&A sessions that address common questions and provide additional context. The application will incorporate self-assessment tools and quizzes to help users evaluate their knowledge and track their learning progress. These features will not only reinforce their understanding but also encourage active engagement with the content.

Moreover, the app will offer personalized recommendations and tailored advice based on user input and preferences, helping individuals apply Prophetic health principles in a way relevant to their personal circumstances. By fostering an environment of continuous learning and reflection, the app aims to significantly improve users' health literacy and empower them to make informed decisions about their health and well-being.

Ultimately, through its educational resources and user-friendly design, the i-HPG app is expected to enhance users' knowledge of Prophetic health guidelines, leading to a more informed approach to personal health and a greater appreciation of these time-tested practices.

Positive Impact on Health Behaviours:

Users are expected to adopt healthier lifestyle practices that align with Islamic teachings, resulting in measurable improvements in their overall well-being. The app's influence on users' health behaviours should be observable through feedback and user reports. Users are expected to adopt healthier lifestyle practices that align with Islamic teachings, resulting in measurable improvements in their overall well-

being. The app's influence on users' health behaviours should be observable through feedback and user reports.

The i-HPG (Health Preservation Guidelines) mobile application is designed to facilitate the adoption of healthier lifestyle practices that align with Islamic teachings. By integrating Prophetic health principles into daily routines, users are expected to experience measurable improvements in their overall well-being. The app will guide users through various health-enhancing practices, such as balanced nutrition, regular physical activity, mental and spiritual wellness techniques, and hygiene practices, all rooted in Islamic teachings.

To support behaviour change, the app will include goal-setting features, habit trackers, and motivational reminders that encourage users to consistently apply these practices in their lives. To gauge the app's impact on users' health behaviours, the app will feature mechanisms for collecting feedback and user reports. Users will be encouraged to provide insights into their experiences, including any challenges faced and improvements noticed. This feedback will be used to assess the effectiveness of the app's guidance and to identify areas for further enhancement.

Additionally, the app will track and display users' progress through visual reports and analytics, such as improvements in dietary habits, physical activity levels, and mental well-being. This data will help users see the tangible benefits of adhering to Prophetic health guidelines and reinforce their commitment to healthier practices. The app will also include success stories and testimonials from users who have experienced significant positive changes, providing inspiration and motivation for others. By fostering a supportive community and facilitating continuous self-assessment, the i-HPG app aims to drive meaningful and lasting improvements in users' health behaviours and overall quality of life.

Community Impact:

The app is expected to positively impact the Muslim community's approach to health maintenance, encouraging health-conscious behaviours that align with Prophetic teachings. This impact should be evident in user feedback and potential shifts in community health practices. The i-HPG application is anticipated to positively impact the Muslim community's health maintenance by promoting behaviours aligned with Prophetic teachings. Users are expected to adopt healthier habits, including improved dietary practices, enhanced hygiene, and balanced lifestyles, as encouraged by Hadiths. This shift towards preventive health measures, rather than just reactive treatments, reflects the app's influence in integrating traditional wisdom with modern health practices.

The app's impact is likely to extend beyond individual users to influence broader community health practices. Increased awareness about the benefits of Prophetic health guidance may lead to more community-wide discussions and initiatives focused on holistic well-being. As users share their experiences, the app could contribute to evolving community norms towards healthier living. User feedback and measurable outcomes will provide insights into the app's effectiveness. Positive testimonials and improved health metrics reported by users will demonstrate the app's success in fostering health-conscious behaviours and enhancing overall well-being. This feedback will also inform future updates, ensuring that the app continues to support and advance health practices in alignment with Prophetic teachings.

Expected Results of the i-HPG Application

The i-HPG application integrates Prophetic health traditions with modern practices through a user-friendly interface.



User Engagement

Intuitive interface with personalized features.



Holistic Health

Guidance on diet, hygiene, and well-being.



Community Impact

Positive influence on Muslim community health practices.

Infographic 2: The expected results of the i-HPG application

CONCLUSION

The i-HPG application represents a pioneering effort to merge Prophetic traditions with modern health practices through a digital platform. By providing a user-friendly, engaging, and educational resource, the application has the potential to significantly impact the health behaviours of the Muslim community. Future research should focus on expanding the application's features and exploring its long-term effects on health outcomes.

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