

HALAL LIFESTYLE AND MAQĀṢID AL-SYARĪ ‘AH: A LEGAL RECONSTRUCTION OF FAMILY WELL-BEING IN CONTEMPORARY MUSLIM SOCIETY

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The concept of halal lifestyle has increasingly become a global phenomenon, extending beyond the consumption of food and beverages into various aspects of social, economic, and spiritual life. For Muslim families, halal lifestyle is not only a matter of religious observance but also a fundamental framework for ensuring holistic well-being. This paper examines halal lifestyle from the perspective of *maqāṣid al-syarī‘ah* and its implications for reconstructing the concept of family well-being in contemporary Muslim society. Using a qualitative normative approach, this study employs *ushul fiqh* and *maqāṣid al-syarī‘ah* as analytical frameworks, with primary data drawn from classical Islamic legal sources and secondary data from contemporary research on halal studies and family law. The findings reveal that halal lifestyle, when aligned with the objectives of sharia, serves as a comprehensive instrument for protecting essential values in family life: *ḥifẓ al-naḥs* (protection of life), *ḥifẓ al-nasl* (protection of progeny), *ḥifẓ al-māl* (protection of wealth), and *ḥifẓ al-‘ird* (protection of dignity). This legal reconstruction underscores that halal lifestyle is not limited to individual practices but is integral to safeguarding and strengthening Muslim families against the challenges of globalization and digital transformation. The study contributes to the discourse on Islamic family law by offering a *maqāṣid*-based framework for promoting family well-being through halal lifestyle, with potential policy implications for integrating halal awareness into family and social regulations.

Keywords: Halal lifestyle; *maqāṣid al-syarī‘ah*; family well-being; Islamic law; legal reconstruction.