

THE IMPORTANCE OF PRACTICING RELIGIOUS MODERATION FOR MILLENNIALS IN THEIR DAILY LIVES

Lutfia Maulida¹, Sulistyowati²

IAIN Palangka Raya, Palangka Raya, Indonesia

Email: lutfiamaulida01@gmail.com¹,sulistyowati@iain-palangkaraya.ac.id²

ABSTRACT

The problem in this study is how important religious moderation is to be applied and what kind of positive influence it has by millennials today in their daily lives. Millennials, of course, must be introduced to religious moderation, because their role is very important to contribute to the nation and state. This study aimed at providing information and inviting millennials to practice religious moderation in their daily lives. The research method used is a qualitative method with a literature research approach. The data obtained were from various sources, such as journal articles and books. Based on the results of this study, it is found that 1) efforts that can be made by millennials in practicing religious moderation such as, participating in positive activities in the community, and to maintain inter-religious harmony, millennials must always have an attitude of tolerance and respect between religious communities; 2) if millennials apply religious moderation in their daily lives they have a tolerant attitude in this multicultural life.

Keywords: *Implementation, Millennials, Religious Moderation*

ABSTRAK

Permasalahan dalam penelitian ini adalah bagaimana pentingnya moderasi beragama untuk diterapkan dan seperti apa pengaruh positifnya oleh generasi milenial saat ini di kehidupan sehari-harinya. Para generasi milenial, tentunya harus dikenalkan dengan moderasi beragama, karena peran mereka sangat penting untuk memberikan kontribusi terhadap bangsa dan negara. Maka, penelitian ini bertujuan untuk memberikan informasi maupun mengajak para generasi milenial untuk menerapkan moderasi beragama dalam kehidupan sehari-hari. Metode penelitian yang digunakan adalah metode kualitatif dengan pendekatan penelitian kepustakaan. Data yang diperoleh berasal dari berbagai sumber, seperti artikel jurnal dan buku. Berdasarkan hasil dari penelitian ini, ditemukan bahwa 1) upaya yang dapat dilakukan oleh generasi milenial dalam menerapkan moderasi beragama seperti, ikut serta dalam kegiatan positif yang ada di lingkungan masyarakat, dan untuk menjaga kerukunan antar umat beragama, maka para generasi milenial harus selalu memiliki sikap toleransi dan menghormati antar umat beragama; 2) pengaruh positif jika generasi milenial menerapkan moderasi beragama dalam kehidupan sehari-hari nya yaitu, mereka memiliki sikap yang toleransi di kehidupan yang multikultural ini.

Kata Kunci: *Generasi Milenial, Moderasi Beragama, Penerapan*

Introduction

In today's modern era, millennials certainly face various kinds of challenges that must be overcome (Rahman A, 2022). Millennials are the generation born between 1980 and 2000. It is called the millennial generation because they live in a rapidly developing era due to increasingly sophisticated technological advances. If viewed from the age group, the millennial generation is currently in the age range of 15-34 years (Hidayatullah et al., 2018).

There is a diversity of cultures, languages, ethnicities, races, ethnicities and religions, so Indonesia is referred to as a multicultural nation (Darmayanti & Maudin, 2021). Therefore, of course in daily life, millennials must have an attitude of tolerance towards interfaith believers or fellow human beings. The diversity that exists in Indonesia, of course there are differences in any case, the existence of these differences then there could be a conflict or problem. Therefore, if these problems cannot be resolved as well as possible, then there will be extreme attitudes that occur in people's daily lives (Darmayanti & Maudin, 2021). An

extreme attitude can be: someone thinks he is the most righteous, or acts of radicalism (a school that wants social and political change by means of violence).

This extreme attitude can occur in religious life in Indonesia. Therefore, as millennials, we must be able to find a way out to deal with this situation, where the solution is to bring happiness and peace to religious life. Thus, to overcome these problems, an attitude of religious moderation is needed in the life of a multicultural society (Darmayanti & Maudin, 2021). 'Moderation' means not exaggerating, being, or middle. Thus, when combined with the word 'religious', that is 'religious moderation', the meaning refers to attitudes to reduce violence, as well as attitudes to avoid extremes in religious practices (Abror, 2020).

Religious moderation is characterized as a moderate view of religion. This means that with the existence of various religious communities in Indonesia, we must have an attitude in the middle in understanding and practicing religious teachings so that they are not too extreme, either on the right or on the left side. Therefore, with the presence of religious moderation, it will make a commitment to deal with existing differences. Such differences will grow and develop into a tolerant attitude and a process to be able to have good communication in daily life (Syahri, 2022). In this regard, the role of millennials is very important to create diversity in Indonesia, to create a peaceful and peaceful atmosphere, especially in moderation in religion.

The millennials, of course, must be introduced to religious moderation, because their role is important for contributing to the nation and state. These millennials are also called the agent of change, where they must be able to bring positive changes to this country, and they are the hope of the nation's next generation (Darmayanti & Maudin, 2021). In the current era of globalization, the presence of increasingly sophisticated technological developments makes it easy for millennials to get information from the internet and social media, although sometimes it has a negative impact on themselves. One of the negative impacts is that millennials will tend to be easily influenced by doctrines that have radical views (Inayatillah, 2021). This will make them choose the wrong path, and be trapped in a radical, exclusive attitude, and make themselves undeveloped and lose the opportunity to get a peaceful and prosperous life (Inayatillah, 2021). Therefore, millennials must have an understanding of religious moderation, so they can practice it in their daily life and not easily fall for radicalism or extremism (Darmayanti & Maudin, 2021).

In relation to the explanation above, this study aims to provide information and persuade millennials to practice religious moderation in their daily lives. The formulation of the problems that will be discussed in this study are: (1) what efforts can be made by millennials in practicing religious moderation; (2) how much influence does the practice of religious moderation have on millennials.

Methods

The research method used is a qualitative method with a library research design. Library research is a method where data is obtained from literature related to the topics discussed (Adlini et al., 2022). The data presented was collected from various sources, such as journals and books. The library material was then analyzed in detail in order to support propositions and ideas. Then concluded and described in this study.

Results and Discussion

Definition of Religious Moderation

The word 'moderation' comes from the Latin *moderatio* which means middle. The meaning is neither excessive nor lacking, or it can also be interpreted as self-mastery. Meanwhile, in the Big Indonesian Dictionary (KBBI), the word *moderation* is defined as

reducing violence and avoiding extremes (Purbajati, 2020). There are also those who interpret the word 'moderation' as not exaggerating or mean. Thus, if combined with the word 'religious', it becomes 'religious moderation', the meaning refers to attitudes to reduce violence, as well as attitudes to avoid extremes in religious practices (Abror, 2020).

In Arabic, the word *moderate* is said to be *al-wasathiyah*, which means the middle, justice, the best, and the most perfect. In moderate Islam, more emphasis is placed on having an attitude of tolerance, still believing in the truth of one's own beliefs, both from their religion and sect, and respecting each other. Moderate Muslims must also be able to accept decisions calmly and patiently, without having to get involved in anarchic or violent actions (Akhmadi, 2019). In the view of Islam, religious moderation is a paradigm and a strategic step in strengthening the character of Islam, which always adopts human values. The existence of local cultural wisdom and diverse national identities, the role of religious moderation is very important, because by implementing it, we can appreciate this diversity (Suharto, 2019).

Religious moderation is a middle ground for the diversity of religions in Indonesia. Thus, moderation is an archipelago culture that always goes together, and does not mutually reject religion and local wisdom, and should be resolved with tolerance as a solution (Akhmadi, 2019). Religious moderation does not mean mixing up the truth or eliminating the identity of each religious community, but we still have a clear attitude in a matter, regarding the truth and about the law of a particular issue. Therefore, in religious moderation, if we practice it, we will have an attitude of openness that is more accepting that Indonesia is a multicultural country, especially in terms of beliefs. Each person certainly has different beliefs or religions, therefore with religious moderation, of course, we must be able to respect and acknowledge the existence of beliefs that are different from our own. Thus, we must always act or practice religion in a moderate way (Akhmadi, 2019).

Religious moderation also has a very important purpose if we practice it in our daily lives. The purpose of religious moderation is as follows (Syamsuriah & Ardi, 2022):

- 1) Religious moderation has a perspective for Indonesian society and millennials so that they can restore the religious way of Indonesian society, which is a characteristic of religious people in Indonesia to have a moderate attitude.
- 2) Provide understanding and the importance that religious moderation is how we view religion so that it is not too extreme or anti-violence.
- 3) Religious moderation will shape us to have an attitude of upholding human values, such as accepting a diversity of different beliefs and respecting them or tolerance. But with this, we must stick to the teachings of the religion we adhere to.
- 4) In the nation's life, religious moderation can make us cultivate an attitude of respect for the collective agreement that has been formulated in Pancasila and the 1945 Constitution.
- 5) By being moderate in religion, you can build an attitude of respect or tolerance for cultural diversity in Indonesia.

Therefore, it can be said that religious moderation is closely related to maintaining harmony in religion in daily life, and having an attitude of tolerance by respecting differences and mutual respect for the beliefs of others. The indicators of religious moderation are 1) commitment to citizenship; 2) tolerance; 3) non-violence; and 4) flexibility towards local cultural diversity (Syamsuriah & Ardi, 2022).

Millennials' Efforts in Implementing Religious Moderation

Religious moderation is important to implement, because it will create harmony and peace between religious believers (Habibah et al., 2022). Indonesia is a country that has a lot of diversity, so that the Indonesian people and millennials must practice religious moderation to achieve a peaceful unity in a diverse Indonesian society, especially in different

beliefs (Syamsuriah & Ardi, 2022). Therefore, to realize the diverse religious situation in Indonesia, millennials must have visions and solutions that can create harmony and peace in diverse beliefs. For this reason, efforts are needed to implement good religious moderation for millennials, so that they are not trapped in intolerance, extremism, and radicalism (Habibah et al., 2022).

Religious moderation has an important role in this multicultural country, Indonesia, because religious moderation can be an effective foundation in dealing with something that is not normal in the existing differences. Therefore, as an intelligent generation, millennials must have a moderate or balanced attitude in living a multicultural life, especially in terms of different beliefs (Syatar et al., 2020).

There are several efforts that can be made by millennials in implementing religious moderation, including:

a) Instilling Understanding of Religious Moderation

The most important thing for implementing religious moderation in daily life is that millennials must be able to understand religious moderation itself first, so they can practice it properly to social life. In addition, by understanding the importance of religious moderation, millennials are not easily influenced by radicalism or extremism. In addition, parents and teachers also play an important role in providing an understanding of religious moderation for their children. The role of parents here is to direct their children to always behave or act in accordance with their religious teachings and to help straighten out children's understanding if there is information about religious teachings that are wrong and misguided. In addition, the role of the teacher also influences students' understanding of religious moderation. Therefore, the teacher's role here is to be able to introduce and provide knowledge about religious moderation in students' daily lives (Darmayanti & Maudin, 2021).

b) Participating in Community Activities

To implement religious moderation in millennials' daily lives, they can participate in positive activities in the community (Nisa et al., 2021). For example, they can tolerate sharing *takjil* (snacks for breaking the fast) during Ramadan for the surrounding community, and positive activities such as social services. This can make them have an attitude of tolerance towards fellow religious people and can respect and respect each other.

c) Organizing Inter-Religious Art Performances

Based on the real situation and valid data conducted by a study entitled "Socio-Cultural-Based Religious Moderation in Millennial Generations in Balun Village, Turi District, Lamongan Regency", they obtained the fact that millennials there hold art performances from various religions in Indonesia. By organizing inter-religious art performance activities, it will strengthen the unity and integrity of inter-religious adherents, and they will gain new insights about art and the characteristics of each belief or religion.

Every religious community can join art performances, such as; for Muslims, they performed the art of *diba'an* (the tradition of chanting prayers to the Prophet Muhammad SAW), for Christians, they performed band music, then for Hindus, they performed gamelan arts. In addition, these arts can be organized by committees from millennials of various religions (Musdalifah et al., 2021).

d) Adapting to the Environment

Environmental factors can also influence how millennials practice religious moderation in their daily lives. If they live in a safe, prosperous, tolerant and peaceful environment, then they will have wise behavior or attitudes and be able to respect each other. Conversely, if they live in an intolerant, violence, and hatred environment, they will have a negative impact on that generation.

Therefore, they must be able to adapt to the environment in which they live, so that they do not have attitudes or behaviors that can have a negative impact on themselves (Darmayanti & Maudin, 2021). Apart from that, millennials must also be able to distinguish between moderate and immoderate people, so they can handle it peacefully and without using violence. Besides, in the concept of religious moderation, there must be support from various groups so that it can run optimally (Mailinda et al., 2022).

The Effects of Practicing Religious Moderation on Millennials Daily Lives

The millennials, if compared to previous generations, have quite a difference, they have more unique characteristics according to regional and socio-economic conditions. One of the developments that have occurred in this generation is the increasing use of digital technology, social media, and technology (Musdalifah et al., 2021). The importance of this religious moderation to be applied in the daily life of millennials, this will have a positive effect. The existence of religious moderation is carried out as a way or effort to prevent radicalism and extremism from understanding.

The effect of practicing religious moderation in millennials' daily lives is that they can get positive influences, such as having a tolerant attitude in this multicultural life. By being tolerant, there will always be interfaith followers in daily life with a harmonious and peaceful atmosphere. Apart from that, they will also be able to play a pioneering role in rejecting all models of violence, mental, emotional and physical violence. Thus, violence in religion can be avoided, because there has been a strengthening of divine and human values (Inayatillah, 2021).

Millennials will also grow into a just and calm attitude, because by practicing religious moderation, all problems will be resolved peacefully without violence. Therefore, millennials must be able to maintain the value of harmony among religious believers. If extremism and violence occurs in the name of religion, then this can be overcome with a religious moderation movement, so that society does not overdo it in addressing growing religious issues (Siti, 2022). Therefore, with the presence of religious moderation, this will make a commitment to deal with existing differences. Such differences will grow and develop into tolerance and a process of being able to have good communication in daily life through religious moderation (Syahri, 2022).

Conclusion

The results of this study can be concluded that, by practicing religious moderation in daily life, it will create our attitude in religion, as it should be, that is balanced and able to respect different beliefs. Thus, the efforts made by millennials in implementing religious moderation in their daily lives will have a positive influence, such as making them have a balanced or tolerant attitude in a multicultural life. The importance of implementing religious moderation in a multicultural country such as Indonesia, it can be an effective foundation in dealing with something not normal in the differences. Therefore, as an intelligent generation, they must be able to have a moderate or balanced attitude in living a diverse life, especially in terms of different beliefs. For readers, especially for millennials themselves, the hope is to be able to practice the efforts of religious moderation to daily life as explained in this study. Millennials are also the next generation of the nation, because they can have a moderate attitude in religion.

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