

ABSTRACT

DESIGNING OF BALANCED LIFE (TAWAZUN) GUIDEBOOK FOR PRODUCTIVE AGE MUSLIM SELF-DEVELOPMENT IN BANDUNG

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Lifestyle in the digital age, which focuses more on productivity than individual health, is now encouraging teenagers and adults to adjust to the demands of the times. Bad habits such as life imbalances and neglect of physical and mental needs become serious problems in the long run. Understanding the concept of Tawazun (balanced living) in Islamic teachings is important to help this generation adapt to the demands of the times, with a balanced approach in self-development, health, and spiritual connection. The project aims to build awareness and reintroduce the concept of balanced living (Tawazun) in an Islamic perspective. The content of this book is structured with two main approaches, namely visual (using digital illustrations that are easy to understand and interesting) and verbal (using popular language and relevant case examples). The process of making a book involves several stages, including determining the main chapter, searching for related studies, writing content involving worksheets and personal experience, illustrative drawing and page design layout, and the book printing stage. The end result of this design is an illustrated guidebook containing content on balanced living (Tawazun) for Muslim self-development. This content is obtained from various sources through observation and literature study, covering Islamic, psychological, medical, and self-development aspects.

Keywords: Guidebook, Balanced (tawazun), Islam, Bliss, Self-development, Visual communication design