

The Dynamics of Day and Night: Qur'anic Perspectives and Scientific Insights in Urban Contexts

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Abstract

This study explores the dynamics of day and night through the integration of Qur'anic perspectives and scientific insights, with a particular focus on their implications in urban contexts. This research employs a descriptive qualitative method to examine in depth the harmony between science and religion, offering a holistic understanding of temporal rhythms that shape urban life. Data were collected from various secondary sources such as articles, books, and relevant journals. The findings indicate that recognizing both the physical and spiritual dimensions of day and night can contribute to enhancing social well-being, promoting sustainable urban living, and strengthening the balance between human productivity and community resilience.

Keywords: Dynamics of Day and Night, Qur'anic Perspectives, Scientific Insights, Urban Contexts.

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Introduction

Modern societies organize day and night as strict rhythms of work and social activities that often end up ignoring the natural biological rhythms of individuals (Giddens, 2023). Many individuals experience sleep disorders and mental health issues, due to ways of interacting with time that blur the lines between day and night and disrupt natural circadian rhythms (Katz & Aakhus, 2002). The natural circadian rhythm is a biological cycle lasting about 24 hours, which regulates various physiological and behavioral processes in living things, including humans. This rhythm is related to the concept of light during the day. From a scientific perspective, the natural light-induced alternation of day and night in regulating the biological functions of living things not only affects sleep and activity patterns, but also plays a role in overall health and well-being. Understanding this relationship can help individuals to better appreciate the importance of maintaining a healthy circadian rhythm, especially in the context of modern life with frequent exposure to artificial light. (Jürgen Aschoff, 1981)

The phenomenon of day with its light and night with its darkness is one of the fundamental aspects of human life that is influenced by the rotation of the earth on its axis and its orbit around the sun. Day and night in astronomy as a result of the earth's rotation around the sun causes certain parts of the earth to be exposed to sunlight, while other parts are in darkness (Moché, 2014). The rotation of the earth, which affects the intensity of light on the earth's surface as in the heliocentric theory by Nicolaus Copernicus, makes the length of day and night in various parts of the world also varies (Freedman & Kaufmann, 2007). Although there are also those who say that the variation in the length of day and night that occurs due to the tilt of the earth's axis (Hawking, 2001).

The varying duration of day and night has a significant influence on the biological rhythms of living things, including humans. In this context, circadian rhythm theory is relevant. Circadian rhythms are biological cycles lasting for about 24 hours, which regulate various physiological and behavioral processes in living things. These processes include sleep and wake patterns, hormone secretion, metabolism, and other bodily functions. Circadian rhythms are influenced by external factors, especially light, which serves as the main signal to regulate these cycles. (Lockley & Foster, 2012a)

Light received by the eyes during the day serves as the main signal that regulates circadian rhythms. When sunlight enters the eyes, it affects the pineal gland to regulate the production of melatonin, a hormone that plays a role in inducing sleep. During the day, melatonin levels are low, which helps humans and other living things stay awake and active.

Conversely, as night falls and light decreases, melatonin production increases, triggering drowsiness and preparing the body for sleep (Kleitman, 1987). This theory shows how important natural light is in regulating the biological functions of living things. Daylight has a profound effect on individual activities in social contexts such as work time, worship time, and socializing time (Giddens & Griffiths, 2006). While the darkness of the night affects sleep patterns which impact the health and well-being of individuals. (Jürgen Aschoff, 1981)

This concept indicates that the phenomenon of day and night is not only the result of natural physical processes as in astronomy and physics, but also has a broad impact on human life biologically, spiritually and socially. This is where understanding the phenomenon of day and night from a scientific perspective becomes important to integrate and interconnect with spiritual and social approaches. For example, traditions, beliefs and daily practices are often influenced by the day and night cycle, which suggests that scientific understanding must be accompanied by spiritual and social awareness. (Vosniadou, 2013)

Seyyed Hossein Nasr's spiritual approach to the phenomenon of day and night states that knowledge is not only limited to physical or scientific aspects, but also includes spiritual and metaphysical dimensions. Day and night according to him are signs of the greatness of Allah SWT which invites humans to contemplate the meaning behind His creation (Nasr, 2006a). Abu Hamid Al-Ghazali, on the other hand, views that true knowledge must lead to the knowledge of God and

an understanding of the purpose of human life to get closer to Allah SWT by making day and night as the means. (A. H. M. Al-Ghazali, 2002)

Nasr and Al-Ghazali viewed the phenomenon of day and night not only as the result of natural physical processes, but also as having spiritual implications in the form of an awareness to value daytime for worship and charity, and nighttime for contemplation and prayer (Ghazali et al., 2005). This awareness can then have a positive sociological impact. For example, daily prayers practiced in congregation at the mosque can create structure in daily life and become an important moment to strengthen social solidarity. (Ibn Khaldun, 1969)

These implications affirm the harmonious relationship between science, spirituality and society that complement each other (Bamba, 2024). In the Qur'anic perspective, the three intertwines are useful to better understand the phenomena of day and night as signs of Allah's greatness as mentioned in Surah al-Isrā`/17: 12).

“And We have made the night and day two signs, and We erased the sign of the night and made the sign of the day visible that you may seek bounty from your Lord and may know the number of years and the account [of time]. And everything We have set out in detail.” (al-Isrā`/17: 12)

Abu 'Abdullah Muhammad bin Ahmad Al-Qurtubi in his tafsir explains that this verse shows that Allah SWT created day and night as two complementary signs. The spiritual aspect of this verse for Al-Qurtubi is that the alternation of day and night has a deep purpose and wisdom (Ibn Khaldun, 1969). For Muhammad Tantawi Jawhari, the spiritual aspect is that day and night are two signs that show the power of Allah SWT and a reminder for humans to be grateful for the blessings of time given (Jawhari, 1990). Another interpretation explains the social aspect in addition to the spiritual, namely that the cycle of day and night in the verse is part of the system created by Allah SWT to regulate human life which includes individual biological rhythms, sleep patterns, and other social activities. (Kementerian Agama Republik Indonesia, 2010)

Based on the above, some identification of research problems can be mentioned, namely, First, the way modern society interacts with time that blurs the boundaries between day and night and disrupts natural circadian rhythms. Second, day and night are not only the result of natural processes, but also have spiritual and social implications. Third, the varying duration of day and night has a significant influence on human biological rhythms. Fourth, light functions during the day for humans as the main signal that regulates circadian rhythms that shape human life patterns both individually and socially. Fifth, the harmonious relationship between science, spiritual and social perspectives of the Qur'an is useful to better understand the phenomena of day and night as signs of the greatness of Allah SWT (Said, 2018).

From some identification of these problems, the research problem is formulated, namely how is the harmony between science and the Qur'an on the phenomenon of day and night. The discussion is, day and night in various perspectives; scientific and Qur'anic perspectives on day and night; the spiritual dimension of day and night from the Qur'anic perspective; and the implications of day and night from the perspective of science and the Qur'an.

Methods

The descriptive qualitative method with a library research design was employed to describe and analyze the phenomenon in depth based on textual data and scientific findings (Creswell & Poth, 2016). This study examines the coherence between religious teachings and scientific discoveries regarding the rhythm of day and night. Data were obtained from credible secondary literature sources, including tafsir books, religious scholarly texts, and reputable academic journals. All sources were reviewed through processes of identification, categorization, and interpretation. The data were then organized into predetermined subjects and sub-subjects to systematically explain the comparative perspectives of the Qur'an and scientific knowledge on the occurrence of day and night.

Result and Discussion

Day and Night in Various Perspectives

Day and night are phenomena that occur due to the rotation of the Earth on its axis. From an astronomical perspective, day occurs when a part of the Earth faces directly towards the sun, receiving light and heat from the star. Conversely, night occurs when that part of the Earth rotates away from the sun, receiving no direct light. The Earth's rotation takes about 24 hours for one full rotation, which causes the day and night cycle. This phenomenon is also affected by the position of the earth in its orbit around the sun, which can cause variations in the duration of day and night in different parts of the world. (Chaisson & McMillan, 2010)

From a physics perspective, day and night can be explained through the concepts of light and electromagnetic waves. The Sun's light that reaches the earth is the result of nuclear fusion reactions in the sun's core, which produce energy in the form of light and heat. As the earth rotates, the part facing the Sun experiences the reception of this energy, creating day, while the non-facing part experiences darkness, or night. In addition, this phenomenon also involves the interaction between light and the Earth's atmosphere, which can affect the color and intensity of light received at the surface. (Serway et al., 2000)

Light received during the daytime affects human mood and energy, contributing to increased alertness and motivation. Conversely, night, characterized by darkness and the absence of daylight, is often a time for rest and reflection, providing an opportunity for individuals to restore energy and reflect on daily experiences. (Serway et al., 2000)

When viewed in the context of culture and tradition, day is generally interpreted as a time for work and activity, while night is a time for gathering, resting, and contemplation (Hidayat, 2015). Day and night time in a cultural context can function as symbols, symbols or markers of social values and norms that exist in society. (Nasution, 2018)

In many religious traditions, day symbolizes the light of God that brings life and knowledge. It also symbolizes hope, awakening and positive activity. The reflection of this symbol is both spiritual and social. In spiritual form, such as the noon ritual performed by Muslims during dzuhur prayer. While the reflection of the symbol is in social form such as the time when communities gather to worship, celebrate festivals, and conduct social activities. Whereas night is considered a more sacred time for individuals to reflect on daytime experiences and pray for guidance. (Eliade, 1959a)

Making day and night symbols of spiritual and social values is based on the presupposition that night is a sacred time for meditation and contemplation to create a connection with the transcendent, God (Eliade, 1959) This presupposition is reaffirmed in the Islamic tradition which treats the day and night as a whole as a precious time for worship. During the day, worship can be done socially in good deeds in the community. While at night, worship is carried out more emphasizing the value of spirituality that connects itself with the transcendent, namely God.

Another social presupposition is that many rituals and celebrations take place at night, such as New Year celebrations, takbiran night or other religious festivals, which shows how night can be a time to celebrate shared values and strengthen social ties. (Geertz, 1973)

Apart from being spiritual and social symbols, day and night can also symbolize duality in life when viewed philosophically. Day symbolizes light, knowledge and consciousness, while night symbolizes darkness, ignorance and mystery. In many traditions of thought, such as in Eastern philosophy, day and night also reflect the concept of yin and yang, where the two complement each other and cannot be separated. This suggests that human life consists not only of bright moments, but also dark moments that are essential for growth and self-understanding. (Hidayat, 2015)

Science and Qur'anic Perspectives on Day and Night

The scientific perspective on the phenomenon of day and night explained in astronomy is that day and night occur due to the rotation of the earth on its axis. When the earth rotates, the part facing the sun experiences day, while the part not facing experiences night. This process takes

place continuously, so that every location on earth experiences alternating day and night cycles. (Chaisson & McMillan, 2010)

Daylight occurs when an area is on the side of the earth facing the sun, sunlight illuminates the area, creating daylight. Daylight, which is influenced by the intensity of sunlight from a physical science perspective, occurs through a long process that includes, First, sunlight is produced through the nuclear fusion process that occurs in the sun's core. This first process, in which hydrogen combines to form helium, releases energy in the form of electromagnetic radiation, including visible light. Second, light travels through space moving outward at the speed of light of about 299,792 kilometers per second. Third, the light then interacts with the Earth's atmosphere. Some light is absorbed or reflected by air molecules and particles in the atmosphere. Fourth, the light that is not absorbed or reflected by the atmosphere reaches the Earth's surface providing the illumination necessary for life. Fifth, the intensity of light received at the earth's surface varies depending on the time of day, geographical position, and weather conditions. (Young & Freedman, 2019)

Light intensity and temperature can vary depending on the sun's position in the sky, which is also affected by the time of year and geographical latitude. While night, on the other hand, occurs when the region rotates away from the sun, it enters the earth's shadow, which causes night. At night, the temperature is usually lower, and the sky darkens, allowing observation of stars and other celestial objects. (Chaisson & McMillan, 2010)

The earth's rotation not only affects lighting during the day or darkness at night, but also relates to the concepts of motion and energy. As the earth rotates, the energy from the sun received by the earth's surface causes temperature differences between day and night. This also contributes to atmospheric phenomena, such as wind and weather, which are affected by this temperature difference. (Serway et al., 2000)

Thus, the phenomenon is not only a cycle of day and night, but also has an impact on the environment and life on earth for living beings including humans. Among the impacts is for human biological rhythms that are crucial for health, social interaction and productivity. Therefore, understanding the relationship between the day and night cycle and human biological rhythms is essential for maintaining well-being and health both physically and mentally. (Narayanaswamy, 2021)

Research shows that gene expression in terrestrial organisms is strongly influenced by this day and night cycle. Even organisms that live in environments that are not exposed to light, such as mussels, show that most of their gene expression is controlled by the circadian cycle, not the tidal cycle. This shows how important the Earth's rotation is in regulating life on this planet. (Robert Perkins, 2011)

The relationship between the day and night cycle and the life that takes place greatly influences the human experience of life in both philosophical and theological aspects. This experience can then explore the understanding of human existence and essence (Siddiqui, 2021). This realization makes the cycle of day and night not only a natural phenomenon, but also a valuable concept of time. Therefore, appreciating it by managing time and using it properly and correctly in daily activities, so as to achieve a balance between individual, spiritual and social needs. (A. H. Al-Ghazali, 2005)

The concept of time in the Qur'an mentions several important points, namely, First, the time of day and night as signs of Allah's power. Second, the time of day and night as the greatest blessing from Allah SWT. Third, the time of day and night is a balance between individual, spiritual, and social needs. (Al-Sheha, 2005)

One example of a verse that reflects these three points is Surah al Isrā`/17: 12. This verse shows that day and night are signs created by Allah SWT to remind people of His power. The regularity and changes between day and night are proof of His perfect creation (Al-Qurtubi & Ahmad, 2006). With the existence of day and night, humans are given time to do activities and worship. The day is a time to work and fulfill needs, while the night is a time to rest and reflect,

which is a blessing that must be thanked (Jawhari, 1990). This verse also emphasizes the importance of balance in life. Day and night provide opportunities to fulfill individual needs such as working during the day, spiritual to worship at night, and social to interact with family and community. (Kementerian Agama Republik Indonesia, 2010)

Another relevant verse to complement the concept of day and night as mentioned above is Surah al-Baqarah/2: 164. The analysis that can be mentioned is that from a scientific perspective, day and night occur due to the rotation of the earth on its axis. The part of the earth facing the sun experiences day, while the part not facing it experiences night. This process lasts for 24 hours, which forms a daily cycle. While in the Qur'anic perspective, day and night are signs of the greatness of Allah SWT, as a precious blessing for maunisa, and a balance between individual, spiritual, and social needs. The correlation between the scientific and Qur'anic perspectives can be seen in the understanding that these two aspects complement each other. Science explains the physical mechanisms underlying the phenomenon of day and night, while the Qur'ān provides the spiritual meaning and purpose of the phenomenon.

Spiritual Dimensions of Day and Night from the Qur'anic Perspective

The word spiritual comes from the Latin *spiritus* which means breath. In a modern context, the term refers to the non-material inner energy that includes emotions and character. In the dictionary of psychology, spirit is defined as an immaterial substance or being, usually divine in nature, that has human characteristics, strength, and vigor (Chaplin, 2010). Meanwhile, the word spirituality is often defined as an awareness or belief in a higher power that inspires a person to seek meaning and purpose beyond themselves. (D. J. Tacey, 2004)

The formulation of the spiritual dimension of day and night from a Qur'anic perspective refers to several concepts. For example, the concept of day is often associated with goodness, light and life, while night is often associated with badness, darkness and death. This concept can be found in various sacred texts, where day symbolizes hope and night symbolizes challenge. (Eliade, 1959)

In many religious traditions, daylight saving time is considered a time when light and life interact, creating an atmosphere that favors spiritual growth. In a theological context, daylight saving time can be seen as a symbol of enlightenment, hope, and an opportunity to draw closer to God. For Muslims, daylight saving time is also an ideal time to perform acts of worship, such as prayer, which is one of the pillars of Islam. The five daily prayers prescribed in Islam cover both daytime and nighttime, but daytime is often considered more productive for worship and prayer. This shows that daytime has an important spiritual dimension in the life of a Muslim. (Nasr, 2006)

While the spiritual dimension of the night is a time filled with potential for reflection, worship, and closeness to God. It is a time when individuals can find serenity and an opportunity to reflect on the meaning of life and seek guidance and grace from Allah SWT. According to Muhammad Iqbal, the spiritual aspect of night time is when individuals make it an important time for reflection and worship (Iqbal, 1990). Likewise, according to Abdul Hakim Murad, the meaning of night in Islamic tradition emphasizes the importance of this time for meditation and closeness to God. (Murad, 2010)

The alternation of day and night, which has a spiritual dimension, is an inevitable duality that occurs in human life (Eliade, 1959). This duality reflects the balance in creation that is necessary to maintain harmony in nature. The creation of day and night is believed to be part of a larger divine plan, indicating that each element in creation has its own role to play (D. Tacey, 2004). This presupposition also reminds man of his limitations before God. Man cannot control time, so day and night come and go according to God's decree. This teaching is humbling and makes us realize how all-powerful God is, as well as teaching the importance of utilizing the time given wisely. (Tillich, 2020)

Many religious traditions teach the importance of time for contemplation and reflection, often at night. Night is considered a quiet time, where individuals can reflect on life, pray, and seek inner peace. This creates space for a deeper connection with the Almighty. (Smith, 1991)

Islamic tradition emphasizes the balance between day and night without diminishing the respect of either. Day and night teach us to live life with a balance between worldly and spiritual activities. Both complement each other, the day provides an opportunity to do good, while the night provides time for contemplation and dhikr. Both are framed in the concept of daily worship (Al-Ghazali, 1997). This spiritual dimension of day and night in the Islamic tradition is affirmed in Surah Āli 'Imrān/3: 190-191.

'Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding. Who remember Allah while standing or sitting or [lying] on their sides and give thought to the creation of the heavens and the earth, [saying], "Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire." (Āli 'Imrān/3: 190-191)

These two verses for Tantawi Jawhari are an encouragement to reflect on the signs of the greatness of Allah SWT in the phenomenon of day and night in order to strengthen faith and understand the purpose of creation (Jawhari, 1990). This interpretation shows that day and night are not just physical phenomena, but also contain deep spiritual meanings. Contemplation of Allah SWT's creation can lead a person to an awareness of His greatness and a higher purpose in life. This is in line with the spiritual dimension that invites humans to reflect and understand their position in God's creation.

Next, Muhammad al-Tahir ibn Ashur interpreted these two verses as a call to reflect on the creation of Allah SWT. Reflection on the universe can bring a person to an awareness of the greatness of Allah SWT and the importance of worshipping Him. He stated that those who remember God in various circumstances such as standing, sitting, and lying down are those who truly understand the meaning of creation and the alternation of night and day (Ashur, 2008). This interpretation suggests that spirituality is not only limited to rituals, but also includes deep awareness and reflection on nature and life.

The two verses mentioned above are also interpreted as encouragement to use reason and knowledge in contemplating the creation of Allah SWT. This interpretation shows that science and faith are not contradictory, but complementary in understanding the greatness of Allah SWT (Al-Mahdi, 2015). In a spiritual context, this shows that knowledge gained from observing nature can deepen one's faith. By understanding the laws of nature, humans can better appreciate the greatness of Allah SWT and strengthen their spiritual relationships.

In *Tafsir Ilmi: Al-Qur'an and Science* by the Ministry of Religion of the Republic of Indonesia, it is stated that the two verses strongly emphasise the importance of science and observation of nature as a way to get closer to Allah SWT (Kementerian Agama Republik Indonesia, 2010). This interpretation indicates that every aspect of Allah SWT's creation has a purpose and meaning. In a spiritual context, the alternation of day and night can be seen as a symbol of the cycle of life, where each phase brings lessons and opportunities to draw closer to Allah SWT. Thus, it can be concluded that the spiritual dimension of day and night perspective of the Qur'an which refers to Surah Ali 'Imrān/3: 190 191 along with its interpretation, shows that the phenomenon of day and night contains deep and diverse meanings, namely not only as time and the cycle of life physically, but also a sign of the greatness of Allah SWT which serves, and find the true meaning of life as his servant.

Social implications of day and night perspectives of Science and the Qur'an

The presupposition underlying the social implications of day and night is that the phenomenon is the result of the rotation of the Earth on its axis, which causes part of the Earth's surface to be exposed to sunlight while the other part is in darkness (Moché, 2014). These phenomena not only have physical and astronomical implications, but also have a significant impact on human social life. (Giddens & Griffiths, 2006)

Some of the implications of daylight on social life include daylight being the main period for productive activity and social interaction. In modern society, daylight hours are often filled with work, education, and social activities, which creates an organized social structure (Giddens &

Griffiths, 2006). Daytime as a time influenced by social norms so that the time provides opportunities for individuals to present themselves to others properly such as dressing and behaving that reflects social status and self-identity (Goffman, 1959). A significant impact of daylight on modern society is daylight as a time that is often regulated to maximize productivity such as strict working hours. (Lefebvre, 1992)

While the night was originally conceived as a time for rest and reflection, it later had significant social implications and played a socially important role in shaping people's routines in gathering, socializing, and interacting with others. For example, many social events, such as parties, meetings, and community activities, are held at night. This suggests that the night has a function as a time to strengthen social relationships and build community. (Lockley & Foster, 2012)

The explanation above reveals the social implications of day and night from the perspective of science, namely that day and night as a result of the rotation of the earth can affect human social life. The day becomes a time for productive activity and interaction, while the night serves to gather and strengthen social relationships. Both play an important role in shaping social routines and interactions, supporting the well-being of individuals and communities. In the Islamic perspective, both are precious time that is used for worship without completely eliminating the time of rest and reflection. This concept encourages Muslims to make good use of time, such as in performing prayers and doing good in every time. (Al-Sheha, 2005)

The Qur'anic perspective on the social implications of day and night is as reflected in Surah al-Qasas/28: 73.

“And out of His mercy He made for you the night and the day that you may rest therein and [by day] seek from His bounty and [that] perhaps you will be grateful.”

In the view of Muhammad Al-Maraghi, this verse demonstrates that the night and day are manifestations of Allah's mercy, which ought to be gratefully acknowledged. The night serves as a time for rest and recuperation, whereas the day is designated for engaging in activities and pursuing livelihood (Al-Maragi, 2000). This exegesis is consistent with the perspective that nighttime and daytime should be leveraged effectively. The night, being a time sanctified by Allah SWT, can serve as a conducive period for socializing and bonding with others. Conversely, daytime in modern society is frequently occupied by work, education, and social engagements, thereby establishing a structured social order that allows individuals to make meaningful contributions to their communities. (Giddens & Griffiths, 2006)

Sayyid Qutb interprets this verse as highlighting night and day as a divine blessing from Allah SWT, which should be gratefully acknowledged by utilizing the night for contemplation and rest, and the day for engaging in activities and pursuing one's livelihood (Qutb, 1990). Although this is the case, Qutb's interpretation remains relevant to the concept of night as not just a time for contemplation and rest, but also as a suitable time for social activities such as congregational Isha and Tarawih prayers. Meanwhile, Qutb emphasizes that daytime is a time for individual activities, enabling individuals to showcase their abilities and achievements to society. Thus, daytime serves not only as a time for work, but also as an arena for building one's image and strengthening social standing within the community. Daytime provides an opportunity for individuals to present themselves to others, both through physical appearance and behavior. (Goffman, 1959)

Meanwhile, M. Quraish Shihab interprets the verse as meaning that the regulation of night and day is part of Allah's wisdom that must be appreciated and thanked by humanity (Shihab, 2000). What does Shihab emphasize in his interpretation of verse 73 of Surah al-Qasas in relation to the social condition of modern society which is unbalanced in regulating night and day? Modern society often excessively utilizes nighttime, thereby neglecting health. They feel insufficient during the day and strictly maximize productivity. Strict working hours and structured daily routines create an environment where people are demanded to be highly productive. This creates a challenge in balancing work demands and the need for rest, which can ultimately affect their social and mental well being. (Lefebvre, 1992)

Hamka in his interpretation explains that the night and day mentioned in the verse are a mercy from Allah SWT, containing profound wisdom that must be appreciated by humans. Therefore, Hamka emphasizes the importance of individuals utilizing both times effectively and efficiently for both personal and social benefits in general. (Hamka, 1996)

In conclusion, understanding day and night from the perspectives of science and the Quran, which reflects spiritual aspects by linking natural phenomena, can have significant social implications. Specifically, daytime becomes the primary period for productive activities and social interactions that enable individuals to contribute to society and build strong social networks. Meanwhile, nighttime becomes a time that can strengthen social relationships and build community bonds, in addition to serving as a time for rest and reflection. Both times are precious and should be utilized well for worship, without neglecting the need for rest and reflection. They become times of worship that encompass: Firstly, the right time for interacting with community members. Secondly, time to optimize productivity and social responsibility. Thirdly, time for spiritual self-evaluation, which in turn can enhance social relationships. This concept encourages Muslims to create a balance between worldly and spiritual activities that support the well-being of individuals and society as a whole.

Conclusion

The harmony between science and the Qur'an regarding the phenomenon of day and night reveals a complementary understanding that enriches both scientific knowledge and spiritual insight. Scientifically, the alternation of day and night is explained through the Earth's rotation, with daytime representing productivity and activity, while nighttime provides space for rest and reflection—both essential for sustaining the balance of life. The Qur'anic perspective, meanwhile, views day and night as signs of Allah's power and divine design, encouraging believers to deepen their faith, reflect on their purpose, and strengthen their spiritual connection. Together, these perspectives highlight significant social implications: daytime fosters productive engagement and societal contribution, whereas nighttime nurtures rest, communal bonding, and introspection. When utilized harmoniously, both periods support individual well-being, societal balance, and the integration of worldly responsibilities with spiritual growth.

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