



The Phenomenon of Sleep Call from the Perspective of the Prophet's Ḥadith

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Abstract: This article aims to examine the sleep call phenomenon, which can lead to the beginning of adultery, with a focus on examining the Prophet's hadith regarding adultery. By using a qualitative, descriptive-analytical type of library research (library research), this article concludes that The phenomenon of sleep calling, which is currently widespread, especially among teenagers, is an act that can be close to adultery. Referring to the explanation of the Prophet's hadith, which shows that many things can approach true adultery, such as adultery of the ear, adultery of the tongue, adultery of the hands, and adultery of the heart, this can position the sleep call phenomenon as including actions that approach adultery so that it can lead to true adultery, namely having sex, between those who are not husband and wife.

Keywords: Hadith; Sleep call; Zina

Abstrak: Artikel ini bertujuan mengkaji fenomena sleep call yang bisa menjerumuskan terjadinya perzinahan dengan fokus telaah terhadap hadis nabi tentang zina. Dengan menggunakan jenis penelitian library research (kajian kepustakaan) yang bersifat kualitatif secara deskriptif-analitis, artikel ini memberi kesimpulan bahwa fenomena sleep call yang sedang marak terjadi khususnya pada kalangan remaja, merupakan perbuatan yang dapat mendekati zina. Mengacu pada penjelasan hadis Nabi yang menunjukkan bahwa banyak hal bisa mendekati zina hakiki, seperti zina telinga, zina lidah, maupun zina hati, dapat memposisikan fenomena sleep call termasuk perbuatan yang mendekati zina sehingga bisa mengantarkan pada zina yang hakiki, yaitu berhubungan intim antara yang bukan suami istri.

Kata Kunci: Hadis; *Sleep call*; Zina.

1. Introduction

Social media is a clear testament to technological advancement in the modern era, capable of captivating individuals to the point of addiction. It is undeniable that social

media has a pervasive presence across all age groups, particularly among adolescents. Present-day teenagers spend nearly half of their time engaging with social media (Manurung, 2022), as it facilitates communication among them. Communication is an interaction to convey or receive information between two or more individuals to exchange information. The person providing information is called the communicator, while the recipient is the communicant (Yuliana, 2021). Mulyana describes communication as conveying messages such as thoughts, feelings, information, beliefs, expectations, prohibitions, and the like to others, whether directly or indirectly, through media, aiming to alter someone's views, behaviour, or attitude (Yadi, 2020).

With the advancements in technology that simplify communication, particularly for adolescents, they can utilise it to exchange messages in various ways, including text messaging, phone calls, and video calls. As time progresses, many new terms have emerged among adolescents, such as the millennial generation, which introduced a new trend often referred to as *sleep call*, denoting video calls with a partner from before bedtime until falling asleep (Nurhafifah, 2022). This trend is gaining popularity among individuals who utilise their phones to communicate without needing physical presence. Sleep call itself has become a viral phenomenon among modern-day adolescents, particularly in Indonesia. It is frequently practised by teenagers in romantic relationships to communicate late into the night and even until they fall asleep. Nevertheless, this phenomenon can have negative consequences when misused by infatuated teenagers, potentially leading to immoral behaviour, including adultery.

Initially, the sleep call phenomenon was not viewed negatively. In research findings (Stuttard et al., 2015), sleep calls were seen as positive and natural, as they could replace home visits with phone calls to support parents in implementing sleep management interventions for their children. With many parents being occupied outside their homes late into the night, for example, they could easily guide their children to sleep through phone calls in various ways. Naturally, this was an acceptable and comfortable method of providing sleep support involving phone calls. However, the sleep call phenomenon in the current context is warmly embraced by adolescents, where both unmarried young men and women engage in phone calls to express their love until they fall asleep and continue their communication via phone upon waking up, and so on.

The sleep call phenomenon can be categorised as the beginning of online adultery, meaning the relationship between individuals of the opposite sex who are not mahram (not closely related) through the virtual world using advanced technology (Hamidi & Shobri, 2022). Such relationships can arouse their desires, potentially leading to adultery. As stated in Sahih Muslim, adultery will never be wholly eradicated, as human nature inherently includes desire towards the opposite sex. Thus, eliminating it is virtually impossible as long as individuals submit to their desires. The most realistic approach to minimise adultery is to distance oneself from situations that may lead to it and strive to align with religious principles.

In the current context, *the sleep call* phenomenon can potentially lead to adultery, especially among adolescents (Wiranto & Akib, 2022). According to Abdurrahman, adultery takes on various forms. *First*, the adultery of the eyes (*ain*) involves looking at the opposite sex with pleasure. *Second*, there is verbal adultery or the adultery of speech, where one engages in conversations with the opposite sex with pleasure. *Third*, the adultery of the heart (*qalb*) entails thinking or daydreaming about the opposite sex with affection. *Fourth*, there is physical adultery, which includes touching the opposite sex with affection. This category also includes passionate embraces. *Fifth*, the adultery of the feet involves walking to a place to commit adultery. *Sixth*, there is the adultery of the mind, which includes fantasizing about engaging in sexual activity with someone else (Zahroh, 2018).

The term *sleep call* is considered the initial step towards adultery because there are boundaries that should be avoided between men and women, such as in communication, including chatting, phone calls, video calls, and the like, which ideally should not continue until falling asleep and waking up, as it can lead to self-indulgence (Arif, 2018). This hadith is supported by the Quranic verse in Surah al-Isra (17:32), which generally emphasizes the prohibition of engaging in activities that may lead to adultery.

وَلَا تَقْرُبُوا الزِّنَا إِنَّهُ كَانَ فَاحِشَةً وَسَاءَ سَبِيلًا

Do not go near adultery. It is truly a shameful deed and an evil way.

This verse explains that Islam prohibits its followers from engaging in adultery (*zina*) because it is considered a shameful act that misdirects sexual desires in an improper manner. The use of the phrase *la taqrabu*, which means do not approach, indicates the prohibition of adultery. In other words, Islam requires its followers to abstain from adultery, not only in the context of sexual relations such as inserting a man's genitalia into a woman's genitalia but also from any actions that may lead someone to engage in sexual intercourse (Wiranto & Akib, 2022). Based on this, it appears that the trend of sleep calls can be categorized as an initial bridge that leads to closeness that may result in adultery (*zina*). Therefore, it is crucial to maintain boundaries between men and women who are not mahram (close relatives).

In reality, there are very few studies conducted by experts regarding the phenomenon of sleep call. One example is Nurhafifah, who wrote about the *Fenomena Budak Cinta (BUCIN) dalam Relasi Pacaran di Kalangan Mahasiswa (Studi Kasus Fakultas Ushuluddin dan Filsafat)*. In her explanation, Nurhafifah indicates that there are several BUCIN practices among students, which involve couples mutually complying with each other out of a sense of yielding, to avoid disputes, breakups, and the use of offensive language. Someone is considered BUCIN if they perceive it as an act of care when, in reality, it is merely a form of servitude that should not necessarily occur in a romantic relationship (Nurhafifah, 2022).

Furthermore, Pratiwi discusses the *Penggunaan Media Video Call dalam Teknologi Komunikasi* or the use of video call media in communication technology. Pratiwi emphasizes that video call is a technology that has a significant impact on human daily communication because it allows continuous communication between individuals. This is supported by the theory of technological determinism, which demonstrates that technology plays a substantial role in influencing society, or in other words, technology can determine human life (Pratiwi, 2017). Similarly, Ismanto's research titled *Kajian Hadis Eksekusi Rajam Terhadap Pelaku Zina pada Zaman Nabi SAW* explores the Hadith regarding the execution of stoning for those who committed adultery during the time of the Prophet Muhammad SAW (Ismanto, 2021) Zumaro, in the paper titled *Konsep Pencegahan Zina dalam Hadis Nabi SAW*, delves into the concept of preventing adultery in the Hadith of the Prophet Muhammad SAW (Zumaro, 2021).

Several existing studies on this topic do not specifically examine the phenomenon of sleep call as a potential precursor to adultery, focusing on the analysis of Hadiths related to adultery. Given the reality of *sleep call*, which consumes time even through sleeping and waking periods, the author assumes it may contribute to the occurrence of adultery. Hence, it is important to conduct further research on Hadiths that address adultery. Some of the questions raised in this study include: What is the understanding of the Hadiths regarding adultery? How does the phenomenon of sleep call as a potential precursor to adultery align with the understanding of Hadiths about adultery? These questions also represent the notion that the Hadiths of the Prophet Muhammad have not remained static but have evolved to respond to the developments and demands of the time. The results of this study are expected to broaden perspectives and be beneficial to both academic scholars and the general public in understanding religious knowledge, particularly in relation to the issue of adultery. Furthermore, it can serve as a source and reflection for the development of Hadith research related to contemporary issues such as the phenomenon of *sleep call* as a potential precursor to adultery.

This article employs a qualitative research design, specifically a pure library research or literature review type of study. The research is conducted by gathering data and information through the use of books, theses, and journal articles (Sari & Asmendri, 2020). The sources of data used in this study include both primary and secondary data. Primary data is obtained from the *kutubus sittah* (the six major Hadith collections) and references that discuss the phenomenon of *sleep call*. Secondary data, serving as supporting references, are derived from various books, articles, and journal references that are relevant to the research theme (Achmad Abidin & Rachma, 2018). Given that this article utilizes a pure literature review, the data collection technique employed is documentation, with data analysis using a descriptive-analytical approach. In this approach, the collected data is described and elaborated upon to gain a comprehensive understanding before being critically analyzed.

2. Result and discussion

The Sleep Call Phenomenon in the Modern Era

Sleep call is derived from the root words *sleep*, which means sleep, and *call*, which means call. So, *sleep call* can be interpreted as a call to sleep. However, the actual meaning is not a call to instruct someone to sleep but rather the practice of couples making phone calls until one of them falls asleep. Sleep calls are often done by people in romantic relationships, typically due to long-distance relationships or a lack of time for communication, which people commonly refer to as a long-distance relationship (Dika, 2016).

Sleep call has various types, including the lightest ones, such as through chatting, phone calls, and video calls. Chat is a method of communication involving the exchange of written messages or dialogue between individuals, allowing them to share news and interact with each other (Ratniasih et al., 2017). Phone calls are a means of communication that allows individuals to exchange their voices with each other. Phone calls are not unfamiliar, as the majority of people in Indonesia and other countries use them for long-distance communication to alleviate their longing for family, friends, and loved ones (Larasati, 2017).

Video calls, on the other hand, involve making a call using a screen, allowing individuals to capture both video or images and sound. This enables a more lifelike form of communication, even when separated by a considerable distance (Pratiwi, 2017). In the contemporary context, social media is not unfamiliar, as there are numerous applications available for communication, such as WhatsApp, Facebook, Instagram, and many others. According to Imam Ibn al-Qayyim, the factors that can lead to *ikhtilat* (gender mixing) include making aimless phone calls, going out without a chaperone (*mahram*), engaging in conversations without a valid reason, and various other forms of communication that can lead to potential *fitnah* (temptation) between unrelated men and women, ultimately drawing them closer to the path of adultery (Salle, n.d.).

The social phenomena occurring in today's society, particularly among teenagers, make it challenging to differentiate actions that could lead them towards adultery. It often starts with casual greetings and regular phone calls, then progresses to lengthy video calls with durations that can be considered excessive. Communication may continue for hours, even into the early morning, until one of them falls asleep, leading to a heightened curiosity to meet in person, suppress longing, and manage intense emotions. That's why it is crucial for both men and women to establish and maintain boundaries (Arif, 2018). Technology cannot be blamed, but it is humans who often use it with wrongful intentions.

Understanding Hadiths about Adultery

Islam is the religion of Allah SWT that provides guidelines to serve as a roadmap in navigating life and attaining salvation in this world and the hereafter (Kisworo, 2016). Islam prohibits any form that could lead someone towards adultery or tempt them into it, as exemplified in the following Hadith from Sahih Muslim:

حَدَّثَنَا إِسْحَاقُ بْنُ مَنْصُورٍ أَخْبَرَنَا أَبُو هِشَامٍ الْمَخْزُومِيُّ حَدَّثَنَا وَهَيْبٌ حَدَّثَنَا سُهَيْلُ بْنُ أَبِي صَالِحٍ عَنْ أَبِيهِ عَنْ أَبِي هُرَيْرَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ كُتِبَ عَلَى ابْنِ آدَمَ نَصِيبُهُ مِنَ الزَّيْنَةِ مُدْرِكٌ ذَلِكَ لَا مَحَالَةَ فَالْعَيْنَانِ زِنَاهُمَا النَّظَرُ وَالْأُذُنَانِ زِنَاهُمَا الإِسْتِمَاعُ وَاللِّسَانُ زِنَاهُ الْكَلَامُ وَالْيَدُ زِنَاهَا الْبَطْشُ وَالرِّجْلُ زِنَاهَا الْخَطَا وَالْقَلْبُ يَهْوَى وَيَتَمَتَّى وَيَصْدَقُ ذَلِكَ الْفَرْجُ وَيَكْذِبُهُ

Abu Hurairah reported from the Prophet Muhammad SAW, said: Verily, a person's destiny with regard to adultery has already been determined, and it is inevitable that they will commit it. The adultery of the eyes is looking, the adultery of the ears is listening, the adultery of the tongue is speaking, the adultery of the hands is touching, the adultery of the feet is walking, and the adultery of the heart is desiring and fantasizing, and all of this will either be pursued or rejected by one's private parts. (HR. Muslim no. 4802).

Many Muslims still consider adultery as a major sin, akin to engaging in sexual intercourse, with grave consequences (Ramli, 2016). In the perspective of the Prophet's Hadith, adultery is not just limited to sexual intercourse between individuals of the opposite gender. It also elaborates in detail on various behaviours that can precede or lead to adultery. Based on Hadith Muslim Number 4802 mentioned above, these encompass acts that can lead to adultery, such as *Zina ain* (adultery of the eyes), which involves gazing at someone of the opposite sex with lust; *zina adzun* (adultery of the ears), when one listens to things that can stimulate sexual desire; *zina lisan* (adultery of the tongue), which involves speaking about sexual matters; *zina yadin* (adultery of the hands), referring to touching or feeling the body parts of the opposite sex without any valid reason; when one takes steps with the intention of engaging in adultery; and *zina Qalbi* (adultery of the heart), which occurs when one fantasizes or daydreams with a heart full of desire (Zumaro, 2021).

Thus, the Prophet's Hadith explanations have highlighted the various behaviors that can lead to adultery. This is further reinforced by other relevant Hadiths of the Prophet:

حَدَّثَنَا الْحُمَيْدِيُّ حَدَّثَنَا سُفْيَانُ عَنْ ابْنِ طَاوُسٍ عَنْ أَبِيهِ عَنْ ابْنِ عَبَّاسٍ رَضِيَ اللَّهُ عَنْهُمَا قَالَ لَمْ أَرْ شَيْئًا أَشْبَهَ بِاللَّمَمِ مِنْ قَوْلِ أَبِي هُرَيْرَةَ ح حَدَّثَنِي مُحَمَّدُ أَخْبَرَنَا عَبْدُ الرَّزَّاقِ أَخْبَرَنَا مَعْمَرٌ عَنْ ابْنِ طَاوُسٍ عَنْ أَبِيهِ عَنْ ابْنِ عَبَّاسٍ قَالَ مَا رَأَيْتُ شَيْئًا أَشْبَهَ بِاللَّمَمِ مِمَّا قَالَ أَبُو هُرَيْرَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِنَّ اللَّهَ كَتَبَ عَلَى ابْنِ آدَمَ حَظَّهُ مِنَ الزَّيْنَةِ أَدْرَكَ ذَلِكَ لَا مَحَالَةَ فَرِنَا الْعَيْنِ النَّظْرُ وَزَيْنَا اللِّسَانِ الْمُنْطِقُ وَالنَّفْسُ تَمَتَّى وَتَشْتَهِي وَالْفَرْجُ يَصْدَقُ ذَلِكَ كُلُّهُ وَيَكْذِبُهُ.

He told us that al-Humaidi told us on behalf of Sufyan on behalf of Ibn Thawus on behalf of his father on behalf of Ibn Abbas, may Allah be pleased with him, he said; I do not agree with anything similar to the meaning of lamami (minor sins) except the words of Abu Hurairah. And narrated from another source, Mahmud narrated that Abdurrazaq narrated Ma'mar Ibn Thawus from his father from, Ibn Abbas. He said: I do not think there is anything close to the meaning of al-Lam (minor sin) except what Abu Hurairah said on the authority of the Prophet: Verily Allah divides to every descendant of Adam his share in the unavoidable and unavoidable fornication, so the fornication of the eyes is seeing, while the fornication of the tongue is speech, lust thinking and the genitals are justification for everything or nothing. (HR. Bukhari, no. 5774).

It is also found in the hadith of Sunan Abu Dawud as follows:

حَدَّثَنَا مُحَمَّدُ بْنُ عَبْدِ حَدَّثَنَا ابْنُ ثَوْرٍ عَنْ مَعْمَرٍ أَخْبَرَنَا ابْنُ طَاوُسٍ عَنْ أَبِيهِ عَنْ ابْنِ عَبَّاسٍ قَالَ مَا رَأَيْتُ شَيْئًا أَشْبَهَ بِاللَّمَمِ مِمَّا قَالَ أَبُو هُرَيْرَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِنَّ اللَّهَ كَتَبَ عَلَى ابْنِ آدَمَ حَظَّهُ مِنَ الزَّيْنَاءِ أَدْرَكَ ذَلِكَ لَا مَحَالَةَ فَرْنَا الْعَيْنَيْنِ النَّظْرُ وَزَنَا اللِّسَانِ الْمَنْطِقُ وَالنَّفْسُ تَمَّتْ وَتَشْتَبِي وَالْفَرْجُ يُصَدِّقُ ذَلِكَ وَيُكَذِّبُهُ.

Muhammad bin 'Ubaid informed us, Ibnu Tsauro informed us about Ma'mar, and Ibnu Thawus informed us through his father, from Ibnu Abbas, who said: I have not seen anything equivalent to minor sins except for what Abu Hurairah reported on the authority of the Prophet, may peace be upon him. He said: Verily, Allah has decreed a portion of adultery for the children of Adam, which they will inevitably encounter. Two eyes commit adultery by looking, the tongue commits adultery by speaking, adultery of the heart involves desire and lust, and the private parts either justify or reject it.

حَدَّثَنَا مُوسَى بْنُ إِسْمَاعِيلَ حَدَّثَنَا حَمَّادٌ عَنْ سُهَيْلِ بْنِ أَبِي صَالِحٍ عَنْ أَبِيهِ عَنْ أَبِي هُرَيْرَةَ أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ لِكُلِّ ابْنِ آدَمَ حَظُّهُ مِنَ الزَّيْنَاءِ الْقِصَّةِ قَالَ وَالْيَدَانِ تَزْنِيَانِ فَرْنَاهُمَا الْبَطْشُ وَالرِّجْلَانِ تَزْنِيَانِ فَرْنَاهُمَا الْمَشْيُ وَالْفَمُّ يَزْنِي فَرْنَاهُ الْقُبْلُ حَدَّثَنَا قُتَيْبَةُ بْنُ سَعِيدٍ حَدَّثَنَا اللَّيْثُ عَنْ ابْنِ عَجْلَانَ عَنِ الْقَعْقَاعِ بْنِ حَكِيمٍ عَنْ أَبِي صَالِحٍ عَنْ أَبِي هُرَيْرَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِهَذِهِ الْقِصَّةِ قَالَ وَالْأُذُنُ زَنَاهَا الْإِسْتِمَاعُ.

Musa bin Ismail informed us, Hammad informed us through his father Suhail bin Abu Salih, on the authority of Abu Hurairah, that the Prophet, peace be upon him, said: Every son of Adam has a share of adultery... In this narration, he said: Two hands commit adultery through touching and holding, two feet commit adultery by walking towards it, the mouth commits adultery through speaking and kissing. Qutaibah bin Sa'id narrated to us, and Al-Laits narrated to us from Ibn 'Ajlan, and Al-Qa'qa' bin Hakim from Abu Shalih, from Abu Hurairah, with this

narration. He said: And adultery of the ears is through listening. (HR. Sunan Abu Dawud, no. 1840).

In another narration found in Musnad Ahmad:

حَدَّثَنَا يَحْيَىٰ عَنِ ابْنِ أَبِي ذَيْبٍ قَالَ حَدَّثَنِي خَالِي الْحَارِثُ عَنْ أَبِي سَلَمَةَ عَنْ أَبِي هُرَيْرَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَتَبَ اللَّهُ عَلَىٰ كُلِّ نَفْسٍ حَظًّا مِنَ الزِّنَا.

Diriwayatkan kepada kami atas Yahya Ibnu Abi Dzi'b, yang mengatakan; atas wibawa pamanku Al Harits Abu Salamah, atas wibawa Abu Hurairah, atas wibawa Nabi SAW, dia berkata: Allah menetapkan bagi setiap jiwa bagiannya dari zina. (HR. Musnad Ahmad, no. 9196).

Many more Hadiths concerning adultery can be found in Sahih Bukhari, including numbers 5774 and 6122, Sahih Muslim number 4801, Sunan Abu Dawud number 1840, and Musnad Ahmad numbers 7868, 7394, and 8576. All these Hadith explanations about adultery point to the numerous forms of adultery that every human being should avoid. Any activity involving body parts that leads to wrongdoing, as indicated by the mentioned Hadiths, is considered a part of adultery that can ultimately lead to actual adultery, which is the intimate relationship between a man and a woman. Therefore, the phenomenon of sleep call that is prevalent today is considered a behaviour that can potentially lead to adultery.

Analysis of the Sleep Call Phenomenon in Light of the Understanding of Hadiths Related to Adultery

Many When explaining Surah Al-Isra' [17]: 32, the commentator Ahmad Mustafa al-Maraghi elaborates that the prohibition of approaching adultery is a metaphorical expression that signifies the severity and immorality of actions that can lead to adultery. Therefore, engaging in actions that approach adultery is the initial step among the causes of adultery (al-Maraghi, 1974). Based on the Hadith of the Prophet, many actions can lead to adultery, including the *zina udzun* (adultery of the ears), *zina lisan* (adultery of the tongue), *zina yadin* (adultery of the hands), and *zina Qalbi* (adultery of the heart). This includes the phenomenon of sleep call, which is often practised by young people. They engage in these calls through continuous phone or video conversations, excessively listening and speaking, and even looking at the opposite sex or their partners in the video calls (Thalhah & Arif, 2021).

The sleep call phenomenon is considered to be a precursor to adultery because individuals involved in these calls do not have a legitimate religious or legal bond (marriage). Engaging in sleep call, as per the previously mentioned definition, implies postponing and neglecting crucial times for worshipping Allah, such as missing prayers, not eating at the appropriate times, and wasting valuable time, which can potentially harm family relationships (Khakim & Ardiyanto, 2020).

Sleep call typically begins with the accidental encounter of unrelated men and women, followed by the exchange of phone numbers. They start by sending messages, initially inquiring about each other's well-being, then progressing to small attentions like Have you eaten? and How was your day? and so on. This eventually leads to a strong desire to keep exchanging messages, generating an adultery of the heart that constantly craves to know what the other person is doing. This curiosity can lead to suspicion and ultimately to daydreaming or fantasizing (Umam & Saputro, 2007).

Over time, these individuals attempt to engage in phone calls to hear each other's voices directly. They start with brief conversations, but these conversations gradually extend for hours, leading to adultery of the ears and adultery of the tongue because they discuss topics that shouldn't be discussed. They seek various subjects for communication to remain connected with positive matters, ultimately culminating in adultery. Through these exchanges, feelings of affection and comfort arise, making them consistently eager to know about each other's well-being (Zaini, 2015).

The feelings of affection and comfort gradually transform into curiosity, leading them to want to engage in video calls, where they can see each other's faces and hear each other's voices directly. This is commonly referred to as a sleep call. These sleep calls can extend for hours, from before going to bed until they both fall asleep or one of them does. Naturally, this is an unusual and impractical practice, as it is highly unlikely for anyone to have no other activities, such as bathing, praying, eating, attending to household chores, and so on, which are all neglected or disturb the privacy of non-mahram individuals. When they grow tired of sleep calls, the desire to arrange a meeting arises, which can lead to encounters that may result in adultery. It begins with mere glances, progresses to holding hands, and may involve other unexpected actions that can incite desire between them (Oktariadi, 2016).

Hence, the initial process leading to *sleep call* can be considered the beginning of the causes of adultery, including *zina ain* (adultery of the eyes), *zina yadin* (adultery of the hands), *zina Udzun* (adultery of the ears), *zina lisan* (adultery of the tongue), *zina Qalbi* (adultery of the heart), and even *zina farji* (adultery of the private parts). This interpretation is supported by the Hadith of the Prophet, which mentions that in the presence of unrelated individuals of the opposite sex, there is the presence of Satan:

Qutaibah narrated to us, Laits narrated to us from Yazid bin Abu Habib, from Abu al-Khair, from 'Uqbah bin 'Amir, who said that the Messenger of Allah, may peace be upon him, said: Do not meet women. An Ansari man asked, O Messenger of Allah, what about the in-laws? He replied, The in-laws are dead. Abu Isa said, Similar hadiths have been narrated from Umar, Jabir, and 'Amr bin Al Ash. He added, The hadith of 'Uqbah bin 'Amir is a good and authentic hadith. The meaning of detesting being alone with women, as narrated from the Prophet, is that he said, 'No man is alone with a woman except that the third of them is

Satan.' The meaning of in-laws here is the husband's relatives, and he detested a man being alone with another man's wife. (HR. Sunan Tirmidzi, no. 1091).

Understanding this hadith, al-Munawi explains that the third person between them is the devil, who then whispers to them to commit sins, removing their sense of shame so that it appears attractive between them. Ultimately, the devil leads them both into impurity, which is adultery (*zina farji*), or towards actions that are close to adultery. These actions serve as a pathway to adultery and nearly lead them into the act of adultery (Hatami, 2021). Therefore, it is clear that the phenomenon of sleep call is among the initial behaviours that serve as a cause for actual adultery, which is the intimate relationship between men and women. While the Hadith of the Prophet does not explicitly mention the sleep call phenomenon, it is evident that the actions arising from sleep call are part of the adultery of body parts that can lead to actual adultery.

3. Conclusion

From the brief description above, this article draws the following conclusions: *First*, the understanding of Hadiths related to adultery indicates that adultery is not limited to sexual intimacy between men and women. Instead, adultery has a broader meaning that can lead to the actual meaning of adultery, such as adultery of the eyes, ears, hands, and heart, among others. *Second*, The prevalent phenomenon of sleep call, particularly among young people, with reference to the understanding of Hadiths related to adultery, is a behaviour that can approach adultery and serve as the precursor to adultery. The explanation in the Hadiths of the Prophet, which shows that many things can lead to actual adultery, such as adultery of the ears, tongue, hands, and heart, can position the sleep call phenomenon as an action that approaches adultery, ultimately leading to actual adultery, which is the intimate relationship between men and women.

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