



## Islamic Minimalist Financial Management for a Simple Lifestyle

Wala Azizah <sup>1\*</sup>, Iksannur Hidayatullah <sup>2</sup>

<sup>1</sup>Institut Agama Islam Shalahuddin Al-Ayyubi Tambun Bekasi, Indonesia

<sup>2</sup>Universitas Gunadarma, Indonesia

<sup>1</sup>[wala.azizah@gmail.com](mailto:wala.azizah@gmail.com)\*, <sup>2</sup> [iksan.isann@gmail.com](mailto:iksan.isann@gmail.com)

### Article Info

#### Article history:

Received 29-07-2025

Revised 19-09-2025

Accepted 24-09-2025

#### Keyword:

Islamic Financial Management, Minimalism, Simple Lifestyle, Sharia Principles, Personal Finance

### ABSTRACT

Wise financial management rooted in Islamic principles is essential in addressing modern lifestyles that often lean toward consumerism. Adopting a minimalist approach provides an effective solution to prevent waste while strengthening both spiritual and economic well-being. This study seeks to analyze and propose an Islamic-based minimalist financial management model as a practical guideline for achieving a simple, harmonious, and sustainable lifestyle. The research employed a qualitative descriptive approach, drawing on classical Islamic sources (Qur'an, Hadith, and scholarly interpretations) as well as contemporary literature on financial management and minimalism. Through thematic analysis, the study identified core principles and examined their applicability to daily financial practices. The findings suggest that minimalist financial management, guided by Sharia values, reduces waste, enhances spiritual awareness, and fosters a lifestyle that promotes inner peace and social well-being. The proposed model demonstrates both relevance and practicality in modern contexts, contributing to improved wealth management and a higher spiritual and social quality of life. This research enriches Islamic financial management literature by integrating minimalist principles with Sharia values and offering actionable guidance for individuals and communities to manage finances wisely and responsibly.



©2025 Authors. Published by PT Mukhlisina Revolution Center.. This work is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License.

<https://creativecommons.org/licenses/by/4.0/>

## INTRODUCTION

Personal finance plays a central role in shaping individual and family well-being. Effective financial management ensures the fulfillment of daily needs, supports stability, and enables long-term planning. Yet, many people struggle to manage their finances wisely in the face of modern consumerist pressures, which often lead to overspending and financial imbalance. (Dr. Balaji Bhovi et al., 2024). These challenges highlight the urgency of developing financial management strategies that are both practical and value-oriented.

Therefore, proper and wise financial management becomes a primary necessity for anyone who wants to achieve financial stability. This stability directly impacts long-term welfare and opens up opportunities for more mature future planning. By understanding the importance of good financial management, more and more people seek effective methods to manage their finances.

Minimalism has emerged as a promising approach to financial management. By encouraging individuals to focus on essential needs and avoid unnecessary expenses, the minimalist lifestyle reduces financial stress while fostering simplicity and meaning (Hook et al., 2023; Hai-Jew, 2022). A simple lifestyle also discourages consumerist patterns that undermine financial stability. However, minimalism alone does not address the moral and spiritual dimensions of financial decision-making, which are particularly important in the context of Muslim communities.

A simple lifestyle helps eliminate consumerist patterns that can harm personal finances. Furthermore, the minimalist approach teaches us the importance of distinguishing needs from wants. Therefore, minimalist financial management can be a strong foundation for sustainable financial management. Society is becoming increasingly aware that managing finances is not only about meeting needs but also about avoiding the trap of excessive, unproductive consumption.

Islamic finance offers a complementary perspective, emphasizing justice, blessings, and the avoidance of harmful practices such as *riba* (usury), wastefulness, and unethical transactions (Cahyani & Al Mu'arrifin, 2024). Wealth in Islam is not merely material but also a trust (*amanah*) that must be managed responsibly, with benefits extending to both the individual and society. Integrating these principles into financial management ensures that economic practices align with ethical and spiritual values, fostering holistic well-being.

Thus, Islamic financial management cannot be separated from a system of values that guides individuals to live responsibly and harmoniously. These principles aim to maintain balance in fulfilling both worldly and hereafter needs. Consequently, Islamic financial management is not just an effort to meet needs but also to foster a healthy and ethical attitude of thrift. This is an essential foundation for building sustainable welfare.

Islamic financial management stresses the importance of avoiding all forms of *riba*, unnecessary spending, and ensuring wealth is used in lawful (*halal*) and blessed ways. The prohibition of *riba* is a fundamental aspect that distinguishes this financial management system from conventional systems. In addition, avoiding wastefulness aligns with Islamic teachings that forbid waste and promote thriftiness and gratitude. By emphasizing *halal* principles, every transaction and use of wealth must be free from prohibited elements (Izaty et al., 2024).

This not only preserves spiritual values but also ensures blessings in the use of wealth. These principles guide Muslims to be more selective and wise in everyday financial management. As a result, Islamic financial management is not merely about financial control but also about achieving holistic well-being. Such management can serve as a model for ethical and sustainable financial living.

Combining minimalist principles with Islamic values in financial management provides a smart and ethical management framework. This approach merges spending efficiency with moral values that prioritize blessings and social responsibility. With this strategy, individuals can not only control their finances wisely but also maintain consistency between their financial behavior and religious teachings. This framework helps avoid wasteful spending while fostering a lifestyle full of awareness and wisdom (Arum & Mawardi, 2025).

This kind of approach can help form a balanced consumption pattern aligned with true needs. Moreover, managing finances smartly means making measured and well-planned financial decisions for a better future. This approach offers a concrete solution to current financial challenges while preserving spiritual values. Therefore, this strategy is relevant and applicable in the daily lives of Muslims.

A simple lifestyle is an essential part of this Islamic minimalist financial management strategy. Simple living leads individuals to avoid excessiveness and consumerism, which can harm both financial and spiritual well-being. By living simply, one can focus more on things that truly have value and are essential in life. The principle of simplicity also reflects an attitude of gratitude and trust (*tawakal*) in the blessings received. This lifestyle is a capital for effective financial management without the pressure to fulfill unnecessary needs. Furthermore, a simple lifestyle encourages awareness of the importance of being grateful for what is owned and managing wealth responsibly. Such an attitude naturally supports a healthy and sustainable financial management pattern. Simplicity also makes individuals better prepared to face economic changes and uncertainties (Yulianti, 2021).

This approach is expected not only to benefit individuals personally, but also to have a positive impact on wider society. By managing finances in a minimalist, Islamic, and smart way, a person can create a lifestyle that is not excessive and aligned with true needs. The impact of such financial management is an increased ability of society to contribute socially and strengthen solidarity. When basic needs are met properly without waste, there will be room to share and help others. This aligns with Islamic social values that uphold the bonds of brotherhood and care. Good financial management also supports the creation of a stable and harmonious economic environment. Thus, this approach can build a more sustainable and dignified life.

In an increasingly complex world full of consumerist temptations, a minimalist and Islamic financial management strategy offers a relevant solution. This approach helps individuals avoid getting trapped in cycles of debt and excessive consumption, which often cause mental and financial burdens. With principles grounded in religion, a person gains spiritual motivation to design healthy finances in harmony with desired life values. This approach teaches the importance of careful wealth management that focuses on blessings and sustainability. The success of this strategy is not only about material

aspects but also about strengthening character and maintaining religious values. Furthermore, such financial management practices can avoid forbidden actions like usury (*riba*) and wastefulness. Therefore, this approach is very relevant as a financial management solution in the modern era (Agus Azhar Ma'arif Umpunan Alam et al., 2024).

Through minimalist, Islamic, and smart financial management, individuals and families are expected to manage their wealth wisely. This framework opens opportunities to achieve well-being marked not only by material sufficiency but also by blessings and inner satisfaction. With a directed approach, every step of financial management becomes more measured and planned, avoiding common mistakes. Additionally, this strategy provides a strong foundation for a simple, moderate, and religiously reflective lifestyle. This makes financial management not only about numbers but also about morals and social responsibility. Ultimately, society is expected to increasingly create a balance between worldly needs and deep spiritual values. Thus, this article invites readers to understand and implement the concept of minimalist, Islamic, and smart financial management.

By understanding and applying the concept of minimalist, Islamic, and smart financial management within a simple lifestyle, society can achieve full financial maturity. This condition will form a culture of wealth management that is not only economically smart but also meaningful and blessed. This approach encourages intelligence in financial management without neglecting religious norms that are the life guide. Furthermore, with a simple lifestyle, a harmonious balance between material and spiritual needs can be created. This approach also prepares society to face financial challenges with a strong moral foundation. Such awareness is very necessary amid the increasingly complex demands of modern life. In conclusion, minimalist, Islamic, and smart financial management in a simple lifestyle is an important strategy for managing wealth wisely and sustainably (Kholis et al., 2022).

Despite growing attention to both minimalism and Islamic finance, research that systematically integrates the two approaches remains limited. Existing studies often treat them separately, resulting in either efficient but spiritually detached models or ethically sound but practically underdeveloped ones (Mohammad Ridwan et al., 2024; El-Murad, 2018). The absence of comprehensive models and practical guidance creates a critical gap, especially for Muslims seeking financial management practices that are simultaneously efficient, ethical, and sustainable.

This study seeks to address this gap by developing a model of Islamic minimalist financial management. The framework combines financial efficiency with Sharia principles such as honesty, moderation, gratitude, and social responsibility. It is designed to serve not only as an academic contribution to the literature on Islamic financial management but also as a practical guide for individuals and families striving to achieve financial stability, spiritual growth, and a simple, sustainable lifestyle.

Moreover, there is a lack of systematic and structured guidance to assist society in implementing Islamic minimalist financial management. Most information available is sporadic, unorganized, and difficult for the general public to follow. However, such clear guidance is essential as a practical educational tool that can be applied by anyone, especially those wishing to adopt a simple, smart, and blessed lifestyle. With clear guidance, Islamic and minimalist financial management patterns can be more widely adopted, thereby strengthening healthy financial awareness.

Moreover, the general public still has a limited understanding of the benefits and advantages of smart financial management, especially in the context of living a simple lifestyle. Many have yet to realize that applying minimalist and Islamic principles is not merely about reducing expenses, but also about enhancing the overall quality of life and well-being. This indicates a lack of broad awareness, causing financial management to be less than optimal and not reaching its full potential. Intensive education and socialization efforts are highly needed so that understanding can spread more widely and reach various layers of society (Mua'rif et al., 2024).

Furthermore, there is no effective model or strategy that can be used to educate the public broadly about Islamic minimalist financial management. Existing educational approaches are still fragmented and have not fully addressed the real needs of society comprehensively. This causes the application of these principles to remain partial and not integrative. Without an effective educational model, people find it hard to obtain sufficient guidance to manage their daily finances in an Islamic, minimalist, and smart way. Therefore, research and development of innovative and practical educational models have become an urgent necessity.

In addition, there is a lack of empirical research directly exploring the impact of applying Islamic minimalist financial management on the welfare of individuals and families. Such empirical data is crucial to provide concrete evidence on the effectiveness of the approach and to serve as a basis for evaluation and further development. Without such research, the real benefits of the proposed concept may be difficult to accept and apply widely. Hence, filling this research gap also promotes this strategy to be used as official guidance and adopted on a large scale.

The lack of ideal understanding and practice also affects the high levels of wastefulness in daily financial management, contrary to Islamic principles and a minimalist lifestyle. This wastefulness not only depletes financial resources but can also cause stress and economic instability in families. This shows that without adequate awareness and education, public spending patterns tend to diverge from values of sustainability and simplicity. Therefore, experts and practitioners need to provide solutions that are not only theoretical but also practical (Yulianti, 2021).

In addition, the lack of proper understanding of Islamic minimalist financial management causes some people to still struggle to make a simple lifestyle their main choice in life. Many feel that a simple lifestyle is synonymous with limitations or deficiencies, making it difficult to accept and maintain this way of living. A simple lifestyle combined with Islamic financial principles and smart wealth management can bring long-term positive impacts both materially and spiritually.

Thus, all existing gaps indicate the need for a comprehensive approach that can integrate minimalist, Islamic, and intelligent aspects of financial management. This approach is expected to provide practical guidance, effective education, and empirical evidence to support the implementation of this concept in everyday life. Only by closing these gaps can value-based and smart financial management become the main foundation for achieving sustainable well-being.

Islamic minimalist and smart financial management is critical to be optimized as the best solution for today's increasingly dynamic and challenging economic conditions. Closing this gap in financial management will provide more value than merely efficient use of money, but also ensure wealth management aligns with moral and spiritual principles. Thus, financial management can become a means of da'wah (Islamic propagation) as well as build well-being that is not only material but also blessed and sustainable. A deep understanding of the combined principles of minimalism, Islamic values, and financial intelligence is expected to help people live simply without sacrificing their quality of life. Therefore, the development of methods and models for this financial management is not only urgent but also holds great benefits for many groups ("PRINCIPLES AND METHODS FOR THE MANAGEMENT AND REGULATION OF FINANCES IN ISLAM: AN APPROACH TO MAULANA ASHRAF ALI THANAVI," 2022).

Previous studies have extensively discussed financial management in general and Islamic values in wealth management, but the integration of both with an intelligent minimalist approach is still very limited. This lack of exploration creates a need to deepen how these principles can be combined practically and systematically. A holistic approach will facilitate acceptance of this concept among a modern society increasingly aware of the importance of a simple lifestyle and financial health. By filling this gap, it is hoped that more applicable and relevant educational models to current societal needs will emerge. This study aims to fill this void to provide more targeted solutions for Islamic and minimalist financial management.

The objective of this study is to develop a financial management model that is not only materially efficient but also brings blessings and a better quality of life. This model is expected to serve as a practical guide for individuals and families, enabling them to manage their finances more intelligently and wisely without wastefulness. Through this study, concrete strategies are expected to emerge that prioritize Islamic values such as honesty, justice, and gratitude in financial decision-making. With the presence of such a model, a simple lifestyle is no longer seen as a limiting choice but as a path to comprehensive well-being and dignity.

Furthermore, this study aims to provide a guide that is easily accessible and understandable to the general public, not only to academics or financial practitioners. This practical guide can be an educational tool to support changes in mindset and behavior in financial management, especially for those who want to practice financial management according to Islamic and minimalist principles. With this guide, Islamic and minimalist financial literacy can spread more widely, enabling smarter and blessed wealth management to be applied more optimally. In the long term, this is expected to

strengthen the economic foundations of families and communities based on strong spiritual values (Yani & Purwanti, 2024).

Filling this gap will make an important contribution not only in theoretical realms but also in day-to-day financial management practice. The main hypothesis of this study states that the combination of minimalist, Islamic, and financial intelligence principles can improve the quality of financial management and strengthen family welfare. With strong empirical evidence, this model could become an effective alternative compared to traditional methods that often focus solely on material aspects. Therefore, the results of this study are also expected to be the basis for developing educational programs and policies that support community empowerment in managing finances in an Islamic and smart way.

Thus, this research is very important to close the existing gaps and bring a new paradigm in personal and family financial management. The results of this study will serve not only as academic discourse but also as a practical guide that is easy to implement and can be replicated on a larger scale. Through a comprehensive and integrative approach, it is hoped that new awareness will emerge that proper wealth management must combine material, spiritual, and practical intelligence aspects in everyday life. With this knowledge, society can live a simple lifestyle with wisdom and blessings.

## RESEARCH METHODS

This study employed a qualitative approach to gain a deep and comprehensive understanding of how minimalist financial management is practiced in an Islamic and intelligent manner within the context of a simple lifestyle. The qualitative approach was chosen because it is appropriate for exploring values, behavioral patterns, and meanings that are subjective and contextual in everyday financial management (Arnesih, 2016).

The research design was descriptive qualitative with an exploratory focus, aimed at describing and analyzing participants' practices and perspectives regarding Islamic minimalist financial management. This design enabled the researcher to view the phenomenon holistically and naturally, without the imposition of prior hypotheses, thereby producing rich and authentic data.

The study population consisted of individuals and families who had adopted a simple lifestyle and practiced financial management based on minimalist and Islamic principles. Participants were selected through purposive sampling using specific criteria to ensure relevance. The inclusion criteria were:

1. Individuals or families who consistently practice financial management based on Islamic principles (e.g., avoiding riba, fulfilling zakat obligations).
2. Commitment to a minimalist and simple lifestyle for at least two years.
3. Willingness to share personal financial experiences openly during the research process.

Exclusion criteria included individuals who did not consistently implement either Islamic financial values or minimalist living. This selection ensured that the participants truly represented the phenomenon being studied.

Data were collected primarily through in-depth semi-structured interviews, which explored participants' financial practices, motivations, challenges, and underlying values. Each interview was conducted in multiple sessions to allow depth and reflection. In addition, direct observations were carried out to validate interview findings and capture participants' real-life practices of simple living. Field notes were taken to supplement interview transcripts and provide contextual insights.

Several strategies were applied to ensure the credibility and reliability of the data: Triangulation: Combining interviews, observations, and field notes strengthened the accuracy of findings. Member Checking: Transcripts and interpretations were returned to participants for verification, ensuring their views were represented correctly. Prolonged Engagement: Multiple interviews and extended observation allowed for deeper trust and more authentic data. Audit Trail: All research steps—including sampling decisions, coding, and theme development—were carefully documented for transparency. Peer Debriefing: Thematic coding and interpretations were reviewed by academic peers to minimize subjectivity and bias.

The procedure began with identifying and recruiting participants based on purposive criteria. Data collection was conducted through repeated interviews and observation sessions until data saturation was reached. All interviews were recorded, transcribed, and verified through member checking.

Thematic analysis was employed to process the data. The process involved coding transcripts, grouping codes into categories, and identifying themes that reflected the principles of Islamic and minimalist financial management (Sumining, 2021). Each theme was then interpreted within the framework of Islamic teachings and minimalist values.

The results of the analysis are expected to provide comprehensive insights into the real-life application of Islamic minimalist financial management, outlining both its benefits and challenges. Furthermore, the findings are anticipated to serve as a foundation for developing practical, spiritually grounded, and economically sustainable financial management models.

## **RESULTS**

Literature reveals that minimalist financial management is increasingly recognized as a necessary approach in modern times, supporting a sustainable and simple lifestyle. Its core principle lies in reducing non-essential expenditures and redirecting resources toward essential needs that provide real value (Smith, 2020). This aligns with Islamic teachings that prohibit extravagance and emphasize moderation. For instance, Surah Al-Isra (17:27) warns against wastefulness, describing it as a behavior aligned with the devil, while Surah At-Takatsur (102:1–2) reminds believers that excessive pursuit of wealth can distract them from life's true purpose.

Verses from the Quran:

Surah Al-Isra (17:27):

"Indeed, the wasteful are brothers of the devils, and the devil is ever ungrateful to his Lord."

This verse teaches the importance of avoiding wastefulness in financial management, which aligns with the principles of minimalism and a simple lifestyle.

Surah At-Takatsur (102:1-2):

"The rivalry in the world increases, diverting you until you visit the graveyards."

This verse emphasizes that the excessive pursuit of wealth can distract humans from the true purpose of life.

Hadiths:

Hadith narrated by Al-Bukhari:

"Whoever guarantees what is between his jaws and what is between his legs (controls himself from sin), I guarantee Paradise for him."

This emphasizes self-control, including in managing finances to avoid wastefulness and usury.

Hadith of the Prophet Muhammad SAW (narrated by Bukhari and Muslim):

"Indeed, the rich is not the one who has a lot of wealth, but the rich is the one who is rich in heart."

This hadith stresses the importance of contentment and minimalism in life, not material riches alone.

Hadith narrated by At-Tirmidzi:

"There is nothing worse for a person's stomach than his stomach."

This reminds people not to be excessive and to live within reasonable means, including in financial expenditures.

These verses and hadiths can serve as a strong foundation for building arguments in this study about how minimalist, Islamic, and intelligent financial management can be realized in daily life according to religious values.

Islamic teachings enrich minimalist principles by embedding moral values such as honesty, responsibility, and justice in every financial decision (Al-Qaradawi, 2013). Hadiths reinforce the importance of self-control, contentment, and avoidance of wastefulness. For example, the Prophet Muhammad SAW emphasized that true wealth is not material abundance but richness of the heart. This perspective highlights that minimalist financial management in an Islamic context is not merely a strategy for saving money, but a holistic framework for ethical and spiritual living.

A recurring theme in the literature is the connection between financial simplicity and psychological well-being. Studies indicate that individuals who adopt minimalist lifestyles within an Islamic framework experience reduced financial stress and greater inner peace (Khalid & Rahman, 2016). This is attributed to the spiritual strength derived from aligning financial practices with faith-based values, which provides resilience in facing economic challenges.

Another significant finding relates to investment practices. Islamic financial management emphasizes Sharia-compliant investment, avoiding *riba* (usury), *gharar* (excessive uncertainty), and *haram* activities (Said et al., 2019). Minimalist principles complement this by discouraging speculative or extravagant investments and encouraging resource allocation that is both socially responsible and spiritually rewarding. Studies suggest that this integrated approach can contribute to long-term economic sustainability (Amanda Simanjuntak et al., 2023).

Although Islamic financial management has been widely studied, its integration with minimalist principles remains underexplored (Ibrahim & Aziz, 2021). This paper highlights the need to develop a holistic model that incorporates both economic efficiency and spiritual enrichment. Such a model would not only provide practical financial guidance but also promote balanced lifestyles that combine material sufficiency with spiritual well-being.

Minimalist studies show that by applying a simple lifestyle, a person can focus their financial usage on things that are truly valuable and beneficial, thereby improving overall quality of life (Smith, 2020). This principle is very relevant to Islamic teachings that advocate asceticism (*zuhud*) and reducing excessiveness. Earlier research also indicates that Islamic financial management, coupled with a minimalist lifestyle, can help reduce wastefulness and better regulate finances, thus increasing awareness of responsible consumption and financial management (Hassan, 2018).

Several financial psychology studies link inner peace and better mental health to those who choose a simple lifestyle and more conscious financial management (Khalid & Rahman, 2016). This confirms the connection between financial aspects and non-material quality of life (Weida et al., 2020; Zafar et al., 2024).

Literature reviews examining Sharia investment practices indicate that investments compliant with Islamic principles are not only religiously lawful but also socially beneficial by avoiding *riba* (usury), *gharar* (excessive uncertainty), and forbidden activities (Said et al., 2019). Academic studies suggest that Islamic minimalist financial management provides a grounded and realistic framework for modern Muslim communities (Ibrahim & Aziz, 2021). This framework is designed so that humans can live balanced lives between the worldly and the hereafter.

In the Islamic simple lifestyle, emphasis is placed on reducing material needs to achieve happiness and blessings (Smith, 2020). This aligns with the understanding that life harmony depends not on the abundance of wealth but on the correct use of wealth (Hamzah et al., 2023). Study results reveal the fragility of consumptive behavior, which tends to be unsustainable, thus emphasizing the importance of minimalist awareness in financial management to form a healthy lifestyle pattern (Hassan, 2018). Studies show that applying Islamic principles in financial management can reduce stress and psychological pressure arising from economic problems (Khalid & Rahman, 2016). This occurs because spiritual values provide meaning and inner strength in facing financial challenges.

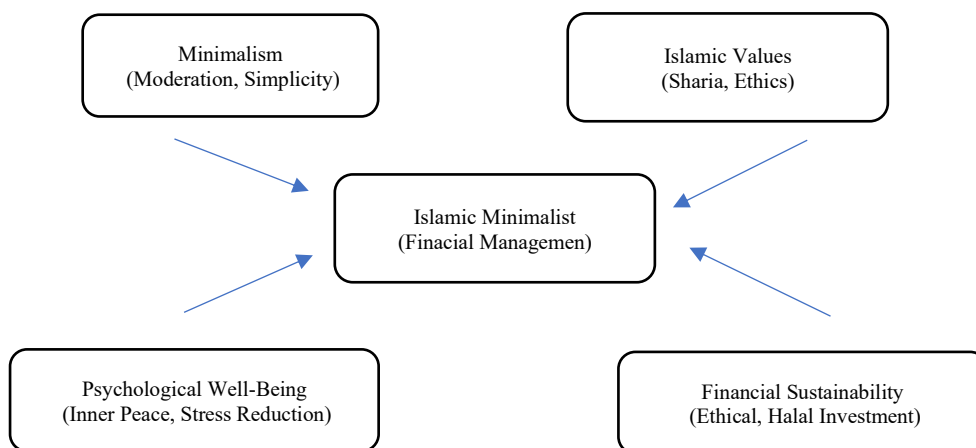
Literature on Islamic investment reveals that halal and ethical investment instruments play a critical role in maintaining family economic sustainability (Said et al., 2019; Hassan et al., 2019). Studies also highlight that applying minimalist financial management from an Islamic perspective can strengthen social bonds and solidarity among family members and the community (Ibrahim & Aziz, 2021). The principles of sharing and mutual assistance become the foundation of wealth management.

The findings indicate that Islamic minimalist financial management has the potential to reduce reliance on consumptive debt, strengthen social solidarity, and foster ethical living. By emphasizing moderation, spiritual contentment, and responsible investment, this model equips individuals and families to navigate modern financial complexities while maintaining spiritual and psychological stability.

Financial psychology literature also reveals that individuals practicing Islamic financial management with a minimalist lifestyle tend to have higher life satisfaction levels than those who do not (Khalid & Rahman, 2016; Karyatun, 2023). Research on sustainable investment with Sharia principles indicates that this approach can be an important alternative in the increasingly ethics- and sustainability-oriented global economy (Said et al., 2019).

Previous studies emphasize the need to develop comprehensive financial management models that simultaneously integrate economic and spiritual values (Ibrahim & Aziz, 2021). Literature reviews highlight that Islamic and minimalist financial management models can be adapted for various community groups, especially for those wanting to reduce dependence on excessive consumption patterns (Smith, 2020; Susanti & Sulaiman, 2022).

Conceptual Framework of Islamic Minimalist Financial



Gambar 1

Here’s a conceptual framework diagram showing how Islamic values, minimalism, psychological well-being, and financial sustainability all connect into the central idea of Islamic Minimalist Financial Management.

Finally, the literature shows that combining Islamic and minimalist values in financial management is highly relevant to modern life challenges, providing holistic solutions to manage financial and social complexities (Ibrahim & Aziz, 2021).

**DISCUSSION**

This study provides new insights into the integration of minimalist principles with Islamic financial management, offering a framework that extends beyond the descriptive accounts of previous studies. While earlier research emphasized either the ethical foundations of Islamic financial practices (Al-Qaradawi, 2013) or the psychological benefits of simplicity (Khalid & Rahman, 2016), this study highlights how the two dimensions can be synthesized into a holistic paradigm. The findings suggest

that minimalism serves not merely as a lifestyle choice but as a practical mechanism to actualize Islamic values in financial decision-making.

In comparison with prior research, which often treated minimalism and Islamic finance as parallel but distinct approaches (Hassan, 2018; Ibrahim & Aziz, 2021), the current findings underscore their complementarity. Minimalism strengthens Islamic financial ethics by curbing wasteful spending and redirecting resources toward more meaningful purposes. This provides a conceptual advancement by reframing financial minimalism as both a spiritual discipline and an economic strategy.

Psychological implications also emerge from the findings. While Khalid & Rahman (2016) identified correlations between simple living and mental well-being, this study demonstrates that integrating Islamic values into minimalist practices reinforces resilience against financial stress. The emphasis on contentment (*qana'ah*) and moderation (*wasatiyyah*) not only reduces anxiety about wealth but also aligns personal financial behavior with broader spiritual goals.

From an investment perspective, the findings extend Said et al.'s (2019) work on Sharia-compliant practices by showing that a minimalist-Islamic approach encourages sustainable, ethical, and socially responsible investments. This positions Islamic minimalist financial management as not just a defensive response to consumerism but as a proactive model capable of shaping family economies and community welfare.

Implications of these findings are threefold. First, at the individual and family level, adopting Islamic minimalist financial management can reduce dependence on debt, foster healthier consumption patterns, and promote mental well-being. Second, at the community and policy level, these principles can inform educational programs on financial literacy, encouraging households to embrace values of moderation and ethical consumption. Third, at the theoretical level, the study advances financial management discourse by offering a model that bridges economics, psychology, and spirituality.

By articulating the integrative value of minimalism within Islamic financial management, this study not only fills an existing research gap but also provides a foundation for developing practical frameworks to guide Muslim societies in facing the dual pressures of consumerism and economic uncertainty.

#### Conceptual Framework: Islamic Minimalist Financial Management

##### Inputs / Foundations

- Islamic Values (Honesty, Justice, Responsibility, Avoiding *riba*, Moderation)
- Minimalist Principles (Reduce excess, Focus on essentials, Conscious consumption)

##### Core Mechanism

- Integration of Minimalism + Islamic Ethics in Financial Decisions
- Smart allocation of resources
- Avoidance of wastefulness and debt dependence
- Alignment with spiritual values (*qana'ah*, *zuhud*, *wasatiyyah*)

##### Outcomes

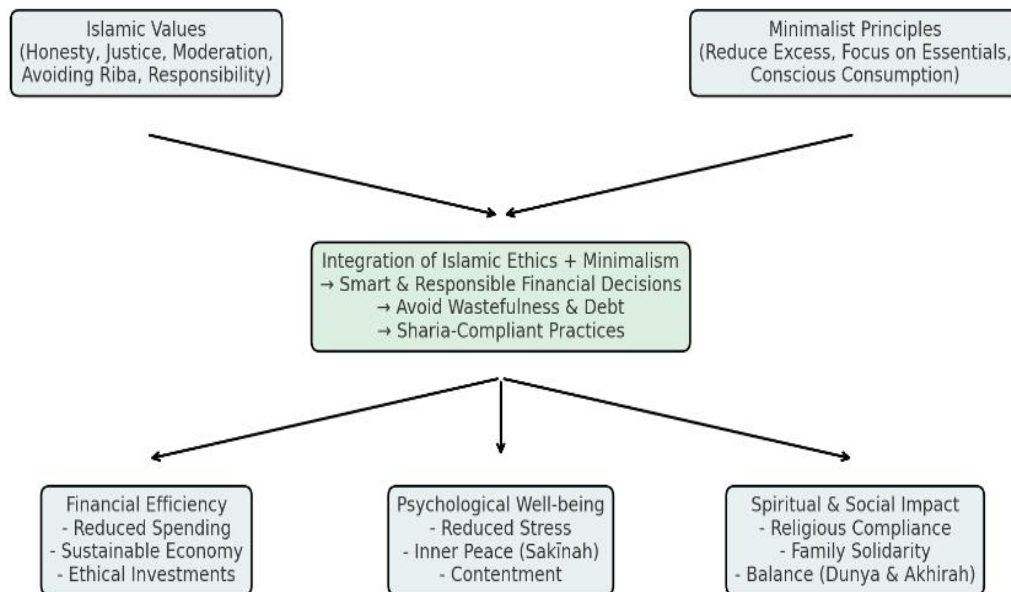
###### 1. Financial Efficiency

- Reduced unnecessary spending
- Sustainable household economy
- Ethical & Sharia-compliant investments

###### 2. Psychological Well-being

- Reduced financial stress
- Inner peace (*sakīnah*)

- Contentment & resilience
3. Spiritual & Social Impact
- Stronger religious compliance
  - Family solidarity & social sharing
  - Balance between dunya (worldly life) and akhirah (hereafter)



Here's a conceptual framework diagram showing how Islamic values and minimalist principles integrate into a smart financial management model, leading to financial efficiency, psychological well-being, and spiritual/social impact.

## CONCLUSION

This study set out to answer how minimalist financial management can be practiced in an Islamic and intelligent way to support a simple lifestyle. The findings clearly show that by combining minimalist principles with Sharia-based financial ethics, individuals and families can reduce excessive consumption, manage wealth responsibly, and achieve greater psychological and spiritual balance. Thus, the initial research question is answered: Islamic minimalist financial management is not only feasible but also highly relevant as a guide for living wisely in the modern era. In theoretical terms, the study enriches the literature by linking Islamic financial ethics with the philosophy of minimalism, demonstrating their compatibility and mutual reinforcement. It confirms that financial management should not be reduced to material efficiency alone, but should also integrate values of balance, frugality, and spirituality.

Practically, the findings point to several recommendations. For individuals and households, adopting simple yet disciplined budgeting practices grounded in Islamic ethics can improve financial security and well-being. For educational institutions, financial literacy programs should integrate both technical and ethical dimensions, highlighting the relevance of minimalist and Islamic values. For

policymakers and financial institutions, there is an urgent need to design financial products, campaigns, and training modules that encourage responsible consumption, ethical investment, and community-oriented financial practices. Looking ahead, a stronger call to action is necessary. In a world increasingly pressured by consumerism and financial stress, Muslims—and society at large—are encouraged to embrace this paradigm as a path toward harmony between economic efficiency and spiritual fulfillment. Future research should further test and refine these principles in diverse social contexts, ensuring that Islamic minimalist financial management can evolve into a sustainable and widely adopted model.

## CONFLICT OF INTEREST

The authors declare no conflict of interest.

## REFERENCES

- Agus Azhar Ma'arif Umpunan Alam, Andi Arsyad, Cikal Agung Pamungkas, Depra Setiawan, Ryan Hidayat, Ilham Aditya, & Ibraahiim Ar-raasyid. (2024). Implementasi prinsip-prinsip ekonomi Islam dalam pengelolaan keuangan keluarga. *Journal of Economics and Business*, 2(1), 34–42. <https://doi.org/10.61994/econis.v2i1.465>
- Alexander, S. (2011). The voluntary simplicity movement: Reimagining the good life beyond consumer culture. *The International Journal of Environmental, Cultural, Economic, and Social Sustainability: Annual Review*, 7(3), 133–150. <https://doi.org/10.18848/1832-2077/CGP/v07i03/54923>
- Amanda Simanjuntak, D., Safitri, K., Rani Rahayu, D., Salsabila Nainggolan, N., & Amelia, R. (2023). Islamic law perspective on investment. *CASHFLOW: Current Advanced Research on Sharia Finance and Economic Worldwide*, 2(3), 418–423. <https://doi.org/10.55047/cashflow.v2i3.644>
- Arnesih, A. (2016). Strategi manajemen keuangan dalam rumah tangga (berbasis ekonomi syariah). *Historia: Jurnal Program Studi Pendidikan Sejarah*, 1(1). <https://doi.org/10.33373/his.v1i1.387>
- Arum, H. S., & Mawardi, M. (2025). Waste and overconsumption in modern finance: An analysis of QS values. *Al-Muzdahir: Jurnal Ekonomi Syariah*, 7(1), 30–50. <https://doi.org/10.55352/ekis.v7i1.1375>
- Baharuddin, B. H., Tumiran, M. A., & Opir, H. (2024). Stress management from an Islamic perspective: A content analysis of recent literature. *Quantum Journal of Social Sciences and Humanities*, 5(2), 120–136. <https://doi.org/10.55197/qjssh.v5i2.356>
- Cahyani, R. I., & Al Mu'arrifin, S. F. (2024). Implementasi esensi pengelolaan syariah dalam mendalami ruang lingkup dan prinsip-prinsip syariah. *Jurnal Maps (Manajemen Perbankan Syariah)*, 8(1), 63–68. <https://doi.org/10.32627/maps.v8i1.981>
- Dr. Balaji Bhovi, Lavanya, S, Jenifer, Y, & Yashaswini, K. P. (2024). A study showing the importance of personal financial management strategies for an individual for overall financial wellbeing. *EPRA International Journal of Multidisciplinary Research (IJMR)*, 150–152. <https://doi.org/10.36713/epra16822>
- El-Murad, J. (2018). Islamic wealth management: Theory and practice (Book review). Edward Elgar Publishing. *Economic Affairs*, 38(2), 300–302. <https://doi.org/10.1111/ecaf.12298>
- Hai-Jew, S. (2022). Frugal living for our collective and mutual #Bestlife on a distributed and global electronic hive mind. In *Research anthology on usage, identity, and impact of social media on society and culture* (pp. 736–768). IGI Global. <https://doi.org/10.4018/978-1-6684-6307-9.ch040>

- Hamzah, H., Saiti, B., & Saefurrohman, G. U. (2023). Islamic perspective on assets and property. *International Journal of Academic Research in Business and Social Sciences*, 13(7). <https://doi.org/10.6007/IJARBSS/v13-i7/17895>
- Hassan, M. K., Aliyu, S., Paltrinieri, A., & Khan, A. (2019). A review of Islamic investment literature. *Economic Papers: A Journal of Applied Economics and Policy*, 38(4), 345–380. <https://doi.org/10.1111/1759-3441.12230>
- Hook, J. N., Hodge, A. S., Zhang, H., Van Tongeren, D. R., & Davis, D. E. (2023). Minimalism, voluntary simplicity, and well-being: A systematic review of the empirical literature. *The Journal of Positive Psychology*, 18(1), 130–141. <https://doi.org/10.1080/17439760.2021.1991450>
- Izaty, S. N., Umairo, T., Khadiqoh, S., Aji, G., & Andrean, R. (2024). Financial management in the framework of Sharia: Exploring the basics of financial management based on Islamic teachings. *JISEF: Journal of International Sharia Economics and Financial*, 3(1), 48–68. <https://doi.org/10.62668/jisef.v3i01.1076>
- Karyatun, S. (2023). Linking subjective financial well-being and compulsive buying behavior among college students: How Islamic financial literacy makes different. *SERAMBI: Jurnal Ekonomi Manajemen dan Bisnis Islam*, 5(2), 119–134. <https://doi.org/10.36407/serambi.v5i2.977>
- Kholis, N., Syahrial, M., Fandi Atmaja, F., & Asyrof, M. N. (2022). Islamic wealth management: Qur'anic approach. *KnE Social Sciences*, 86–99. <https://doi.org/10.18502/kss.v7i10.11348>
- Kurniati Yunus, Erwan Setyanoor, & Mansyur, A. (2024). Sustainability in Sharia investment. *Jurnal Ilmu Ekonomi dan Bisnis Islam*, 6(1), 37–53. <https://doi.org/10.24239/jiebi.v6i1.279.37-53>
- Mohammad Ridwan, Sriyono, Hardiwinoto, Ida Kristiana, Rosita Rinda Hati, & Mamdukh Budiman. (2024). Training to improve personal financial management based on smart Islamic financial literacy for students at the Indonesian School Kuala Lumpur (SIKL) Malaysia. *International Journal of Community Engagement and Development*, 2(1), 37–52. <https://doi.org/10.59581/ijced.v2i1.45>
- Mua'rif, Z. I., Bustami, A. W., Mailindra, W., Novita, N. D., & Rahmah, S. (2024). Menumbuhkan minat menabung sejak dini di Nagari Koto Anau Tapan. *Rangguk: Jurnal Pengabdian Kepada Masyarakat*, 4(1), 31–38. <https://doi.org/10.32939/rgk.v4i1.3609>
- Principles and methods for the management and regulation of finances in Islam: An approach to Maulana Ashraf Ali Thanavi. (2022). *International Journal of Islamic Banking and Finance Research*, 1–13. <https://doi.org/10.46281/ijibfr.v9i1.1684>
- Sumining, S. (2021). Pengembangan bahan ajar tematik berbasis nilai-nilai keislaman kelas VI Madrasah Ibtidaiyah. *EDUCARE: Journal of Primary Education*, 2(1), 1–24. <https://doi.org/10.35719/educare.v2i1.30>
- Susanti, R., & Sulaiman, A. (2022). Minimalisme dan zuhud: Perbandingan gaya hidup Barat dan Islam serta manfaatnya bagi kesehatan mental. *Cognicia*, 10(1), 28–33. <https://doi.org/10.22219/cognicia.v10i1.20672>
- Wati, N., Rahmadita, A., & Mursyid. (2024). Rasionalitas ekonomi Islam: Membangun keseimbangan antara tujuan materi dan spiritual. *Rayah Al-Islam*, 8(4), 1761–1771. <https://doi.org/10.37274/rais.v8i4.1123>
- Weida, E. B., Phojanakong, P., Patel, F., & Chilton, M. (2020). Financial health as a measurable social determinant of health. *PLOS ONE*, 15(5), e0233359. <https://doi.org/10.1371/journal.pone.0233359>
- Yani, A., & Purwanti, L. (2024). Optimizing family financial stability through Islamic household accounting practices: A literature review. *East Asian Journal of Multidisciplinary Research*, 3(5), 1721–1732. <https://doi.org/10.55927/eajmr.v3i5.8818>

- Yulianti, N. H. (2021). The concept and application of the minimalist lifestyle on Quran perspective. *Taqaddumi: Journal of Quran and Hadith Studies*, 1(2), 33–45. <https://doi.org/10.12928/taqaddumi.v1i2.4559>
- Zafar, Q., Khan, M. A., Warsi, A. Z., & Iqbal, L. (2024). Economic strain and recovery trajectories in mental health: The role of financial stability in mental health outcomes. *Review of Applied Management and Social Sciences*, 7(4), 345–358. <https://doi.org/10.47067/ramss.v7i4.385>