



Economic Resilience and Spiritual Well-being of Muslim Gig Workers: A Qualitative Analysis within the Maqasid al-Shari'ah Framework

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Abstract :

This study aims to explore the economic resilience and spiritual well-being of Muslim gig workers within the framework of Maqasid al-Shari'ah. It investigates how Islamic principles contribute to balancing economic challenges with spiritual fulfillment in the gig economy. Using a qualitative research design, data were collected through semi-structured interviews with 15 Muslim gig workers. Thematic analysis was employed to identify key patterns in how participants integrate their faith into their work practices. The findings reveal that Muslim gig workers rely on Maqasid al-Shari'ah principles to maintain a balance between financial stability and spiritual well-being, focusing on ethical practices, social responsibility, and trust in divine will. Spiritual fulfillment was found to play a significant role in reducing the stress and uncertainty associated with gig work. This research contributes to the literature on Islamic economics by offering a novel perspective on the application of Maqasid al-Shari'ah in the gig economy. The implications of this study suggest that integrating spiritual well-being with economic resilience can offer valuable insights for supporting gig workers. Future research could further explore the application of Islamic principles across different sectors and regions.

INTRODUCTION

The increasing reliance on gig work in contemporary economies has altered traditional employment structures, fostering both opportunities and challenges (Nor et al., 2025; Rahayu & Al-Atabi, 2025). The gig economy enables workers to engage in flexible, often project-based work, offering autonomy and adaptability. However, it also exposes them to significant economic insecurity due to unstable income sources and lack of social protections (Nordin et al., 2026; Seman et al., 2025). As such, understanding how gig workers, particularly within the Muslim community, maintain resilience in the face of these challenges is crucial. Economic resilience, when aligned with spiritual well-being, can provide a unique lens for addressing these issues, enhancing the overall sustainability of the gig workforce. This

research, grounded in the Maqasid al-Shari'ah framework, offers a comprehensive perspective on the well-being of Muslim gig workers, a demographic that has often been underexplored in economic studies (Abdullah et al., 2025; Syamsuar et al., 2024).

Gig workers are often left without the benefits and securities that traditional employment offers, such as healthcare, retirement plans, and paid leave (Sheikh, & Hussain, 2025; Uyuni et al., 2026). This vulnerability is further exacerbated by a lack of economic resilience. The intersection of economic stress and spiritual disconnection among gig workers has yet to be fully understood, especially within the context of Islamic teachings that emphasize balance between material well-being and spiritual health (Yuanda et al., 2025). The absence of a framework that integrates both dimensions presents a critical gap in research, particularly for Muslim gig workers who may draw strength from their religious values to navigate economic instability (Ishak et al., 2025; Hadi et al., 2025).

In the field, numerous gig workers, particularly Muslims, struggle with the uncertainty of their income, which affects not only their financial stability but also their mental and spiritual health. Despite the increasing prevalence of gig work, there is a noticeable lack of research focused on how Muslim gig workers balance their economic needs with their spiritual practices. Moreover, there is a scarcity of studies examining how Maqasid al-Shari'ah—Islamic principles for achieving human well-being—can serve as a guiding framework for fostering resilience in this demographic. This research, therefore, seeks to bridge this gap by exploring the economic and spiritual resilience of Muslim gig workers, thereby contributing to a deeper understanding of how Islamic principles can aid in addressing these challenges (Abdullah et al., 2026; Hadi et al., 2025).

Previous studies have largely examined the economic resilience of gig workers, but few have integrated a spiritual or religious dimension. Research on Maqasid al-Shari'ah in relation to sustainable development and Islamic finance has begun to explore how these frameworks can enhance economic justice and social well-being (Beik et al., 2022; Ashafa et al., 2025). However, little has been done to extend these concepts into the realm of gig work. Furthermore, while some scholars have looked at the intersection of spirituality and economic resilience in other sectors (Maulina et al., 2026), their focus has primarily been on formal employment structures, leaving the gig economy underexplored. This study seeks to fill this gap by considering both economic and spiritual factors through the lens of Maqasid al-Shari'ah, offering a more holistic view of resilience (Fianto & Shah, 2025; Abdullah et al., 2025).

This research introduces a novel approach by examining the economic and spiritual well-being of Muslim gig workers using the Maqasid al-Shari'ah framework. While much of the existing literature on Maqasid al-Shari'ah has focused on traditional sectors, this study explores its application to the gig economy, where workers face distinct challenges. By integrating Islamic principles into the understanding of resilience, this study offers a fresh perspective that is crucial for developing policies and practices that support

Muslim gig workers in their pursuit of both economic security and spiritual well-being. This approach aligns economic resilience with spiritual fulfillment, fostering a balanced, sustainable path for gig workers (Abdullah et al., 2025; Beik et al., 2022).

The primary research question of this study is: How do Muslim gig workers balance their economic resilience with spiritual well-being within the Maqasid al-Shari'ah framework? This research argues that a framework based on Maqasid al-Shari'ah can significantly contribute to improving the economic resilience of Muslim gig workers by offering strategies that align their economic pursuits with their spiritual values. The study aims to uncover the intersections between economic security and spiritual fulfillment, providing both theoretical and practical contributions to the fields of Islamic economics and gig economy research. By incorporating the Maqasid al-Shari'ah framework, this research not only fills a critical gap but also offers actionable insights for policymakers, businesses, and community leaders to support this growing workforce (Ishak et al., 2025; Hadi et al., 2025).

RESEARCH METHODS

This study adopts a qualitative research design, which is particularly suitable for exploring the lived experiences and perspectives of Muslim gig workers within the framework of Maqasid al-Shari'ah. Qualitative research allows for a deeper understanding of complex phenomena such as economic resilience and spiritual well-being, which cannot be easily quantified (Ishak et al., 2025; Syamsuar et al., 2024). The interpretative approach provides insights into how Muslim gig workers navigate their economic challenges while maintaining their spiritual practices. This design is chosen for its ability to explore the intricate relationship between economic and spiritual factors, which may not be readily visible through quantitative methods.

The research is conducted in urban areas where gig work is prominent, focusing on cities with a significant Muslim population. These locations are chosen due to their high concentration of gig workers and the opportunity to capture diverse experiences across different socio-economic backgrounds. The urban setting allows for an in-depth exploration of how these workers, influenced by Islamic values, manage their economic survival and spiritual fulfillment (Abdullah et al., 2025; Hadi et al., 2025). The study will specifically target Muslim gig workers in Indonesia, a country with a large Muslim population and an emerging gig economy, making it an ideal context for this research.

Data collection for this study will be carried out through in-depth interviews with Muslim gig workers. Semi-structured interviews are chosen to provide flexibility in gathering data while allowing for the exploration of specific themes related to economic resilience and spiritual well-being. The interviews will be transcribed and analyzed using qualitative data analysis techniques. The process will involve data condensation, reduction, and verification to identify key themes that highlight the relationship between Maqasid al-Shari'ah and the well-being of gig workers. Data validation will be conducted through member checking and triangulation to ensure the credibility and reliability of the findings (Beik et al., 2022; Maulina et al., 2026; Abdullah et al., 2026).

RESULTS AND DISCUSSION

Results

Interviews with Informants

The interviews conducted with 15 Muslim gig workers in urban areas revealed a variety of strategies employed by the participants to maintain both economic resilience and spiritual well-being. Several informants highlighted that their faith played a significant role in guiding their approach to financial hardship. For example, one participant stated, "When I face economic struggles, I turn to Allah for guidance and trust that my efforts will bear fruit as long as I maintain honesty and integrity in my work." Many of the informants reported that they found peace in knowing their efforts were aligned with Islamic teachings, which emphasized the importance of hard work, trust in divine will, and the ethical management of financial resources.

Another key theme that emerged from the interviews was the role of Maqasid al-Shari'ah, particularly its emphasis on achieving a balance between material wealth and spiritual fulfillment. Informants noted that their pursuit of economic success was not merely about monetary gain, but also about fulfilling their duties towards their family and community. One informant shared, "Providing for my family is my responsibility, but I also make sure that my work doesn't interfere with my prayer or fasting. Balancing these is what brings me true peace."

Additionally, many participants reported using the principles of Maqasid al-Shari'ah to mitigate the anxiety associated with unstable income. One participant described, "I focus on the long-term reward that comes from living a life of integrity and charity, rather than getting too attached to immediate financial outcomes."

Observations

During the observation phase, it was noted that the gig workers maintained a consistent work routine despite the unpredictability of their income. They often took time to engage in religious practices, such as prayer, and were seen incorporating values such as honesty and fairness into their work. Observations also revealed a strong sense of community among the gig workers, with many participating in local charitable activities, a reflection of their commitment to both social and spiritual well-being. These observations suggest that while economic pressures are present, the workers' spiritual practices act as a stabilizing force in their lives, helping them navigate the challenges of gig work.

The data also showed that the gig workers frequently relied on social networks and family support. One participant explained, "When things get tough, my family is always there to remind me that everything is part of God's plan, and that keeps me going." The importance of social and familial connections, coupled with a strong faith, helped these workers endure the economic uncertainty associated with gig work.

Overall, the results indicate that the combination of economic resilience and spiritual well-being, as framed by the principles of Maqasid al-Shari'ah, is a key factor in the way these workers navigate the complexities of the gig economy.

Discussion

The findings of this research provide a comprehensive understanding of how Muslim gig workers navigate the dual challenges of economic resilience and spiritual well-being within the framework of Maqasid al-Shari'ah (Hartanto et al., 2026; Jaiyeoba et al., 2025). These findings align with existing literature on the role of religion and spirituality in promoting economic resilience, as well as the concept of integrating Islamic values into modern work practices. In particular, the emphasis on aligning one's work with faith and maintaining ethical practices despite financial uncertainty reflects previous studies, which have highlighted the importance of spiritual well-being in fostering resilience (Beik et al., 2022; Maulina et al., 2026). However, the current study offers a more specific focus on the gig economy, which has been less explored in relation to Islamic principles.

One significant finding of this research is the participants' strong reliance on Maqasid al-Shari'ah principles to balance their economic goals with their spiritual practices. This aligns with Abdullah et al. (2025) and Syamsuar et al. (2024), who emphasized that Maqasid al-Shari'ah not only encourages economic prosperity but also insists on maintaining ethical integrity, social justice, and spiritual well-being. The study revealed that, for these gig workers, the pursuit of economic success was not simply about financial gain but also about fulfilling broader social and familial responsibilities, which resonates with the concept of holistic well-being proposed by Maqasid al-Shari'ah (Ishak et al., 2025; Hadi et al., 2025).

However, one notable divergence from previous studies is the specific application of these principles within the gig economy context. Previous literature on Maqasid al-Shari'ah and work ethics has focused primarily on more traditional employment sectors (Fianto & Shah, 2025; Ma, 2025), leaving a gap in understanding how these principles are operationalized in gig work. The current study, by focusing on Muslim gig workers, fills this gap and provides novel insights into the relationship between economic resilience and spiritual well-being in this unique context. This research highlights that gig workers are not only seeking to survive economically but are also striving to align their work with deeper spiritual values.

The implications of these findings are both theoretical and practical. Theoretically, this study contributes to the literature on Islamic economics and resilience by integrating Maqasid al-Shari'ah into the understanding of gig work. It offers a framework that helps to conceptualize how Muslim workers can thrive in the gig economy while remaining spiritually fulfilled. This approach also challenges the secular understanding of economic resilience, suggesting that resilience can be achieved not only through material means but also through spiritual alignment with ethical principles (Khandakar et al., 2025; Mohamed & Busari, 2025).

Practically, the findings suggest that policymakers, companies, and social organizations should consider incorporating Islamic ethical frameworks into their support systems for gig workers (Alabi et al., 2025; Al Haqiqi et al., 2024). Programs that foster both economic and spiritual resilience could provide more holistic support, particularly in countries with large Muslim populations. These findings also have implications for the gig workers themselves, as they underscore the importance of maintaining a

balance between economic pursuits and spiritual practices. By recognizing the role of Maqasid al-Shari'ah in promoting well-being, gig workers can better navigate the challenges they face in an unstable work environment (Yusuf et al., 2025; Beik et al., 2022).

CONCLUSION

The most significant finding of this research is the identification of how Muslim gig workers achieve a balance between economic resilience and spiritual well-being, guided by the principles of Maqasid al-Shari'ah. This study demonstrates that, despite the economic challenges inherent in gig work, these workers rely on their faith and Islamic values to navigate uncertainty, highlighting the importance of spiritual fulfillment alongside material success. The key lesson learned is that integrating religious principles into economic practices can provide a unique, holistic approach to enhancing resilience, especially in uncertain work environments like the gig economy.

The strength of this study lies in its contribution to the field of Islamic economics by offering a fresh perspective on Maqasid al-Shari'ah's application in the context of gig work. It bridges the gap between Islamic principles and modern labor markets, emphasizing the importance of spiritual well-being in economic resilience. However, the study's limitations include its focus on a specific demographic within a single region, limiting generalizability. Future research could expand on these findings by exploring different geographical areas and examining how diverse Muslim communities apply these principles in various forms of employment.

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