

Role Model-Based Character Education (Sayyidah Fatimah's Personality Values for the Millennial Generation of Women)

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ABSTRACT

Character education is a fundamental aspect in shaping individual personality, especially for women, who play a crucial role in building civilization through their roles as primary educators within the family and as agents of change in society. This study aims to explore and analyze the relevance of Sayyidah Fatimah's character values particularly resilience, emotional intelligence, and moral integrity in shaping contemporary character education for women. Using a library research method, the study collects and examines scholarly literature, historical sources, biographical accounts, and modern academic writings related to Islamic character development and female education. The analysis reveals that Sayyidah Fatimah's exemplary qualities provide a comprehensive model for strengthening spiritual grounding, emotional stability, and social empathy among modern women. The findings indicate that integrating her values into character education can enhance women's ability to navigate personal challenges, maintain ethical consistency, and develop emotional maturity, ultimately contributing to a more balanced, resilient, and value-oriented female identity in today's dynamic social environment.

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1. INTRODUCTION

Character education is a fundamental aspect in shaping individual personality, especially for women, who play a crucial role in building civilization through their roles as primary educators within the family and as agents of change in society. In the context of rapid global development, women face various challenges, ranging from moral degradation, identity crises, social pressures, and cultural changes that often align with the noble values taught by religion. Therefore, a character education approach is needed that is not merely theoretical but also provides concrete and relevant examples for today's generation of women. One figure who possessed high moral integrity and exemplary character building is Sayyidah Fatimah az-Zahra, daughter of the Prophet Muhammad (peace be upon him), known as the most noble female figure in Islam. Her life was imbued with personal values reflecting piety, intelligence, courage, humility, and resilience, making her highly relevant as a model for character education for women in the modern era (Muvid, 2019).

Sayyidah Fatimah's exemplary role in women's character education is not only implied in historical narratives, but also reflected in her every attitude, action, and contribution to domestic life, society, and her da'wah (Islamic outreach). Amidst the tide of modernization that often obscures moral values, women need figures who can serve as role models to build strong character spiritually, emotionally, and socially.

The religious values demonstrated by Sayyidah Fatimah, such as obedience to God, commitment to worship, patience in facing life's trials, and social concern, form an important foundation for character education that we hope to develop in the current generation of women. Furthermore, her humble yet dignified personality, consistent pursuit of good deeds, and high emotional intelligence reinforce the importance of implementing these values in various aspects of women's lives today, including family, education, work, and social interactions (AHMAD, n.d.).

Character education based on Sayyidah Fatimah's exemplary role model provides a holistic approach that emphasizes not only moral aspects but also the development of women's identity and personal qualities. In the context of adolescent girls' development, for example, internalizing religious and moral values can act as a bulwark against various negative influences that often emerge in the digital age, such as consumer culture, decreased empathy, and deviant social behavior. By instilling values such as simplicity, integrity, empathy, and responsibility, women can develop a more focused and stable character. Sayyidah Fatimah provides a concrete example of how women can become strong individuals despite facing various life difficulties, demonstrating that resilience is determined not only by physical appearance but also by spiritual depth and maturity of character. In this regard, the concept of character education is not merely a transfer of values, but also a process of internalization that requires awareness, habituation, and the ability to apply these values in real life (Mahdi, 2024).

Through this study, the exemplary values reflected in Sayyidah Fatimah's personality can be integrated into formal and non-formal educational approaches to positively influence the formation of women's behavior, mindsets, and attitudes. Thus, this role-model-based character education is expected to make a significant contribution to producing women who are not only intelligent and high-achieving, but also possess noble morals, mature personalities, and a strong social awareness in accordance with Islamic values (Rahman, Haryanti, & Ziaulhaq, 2021).

2. METHODS

The research method used in this study is a literature review, namely research conducted by collecting, reviewing, and analyzing various literature sources relevant to the theme of women's character education and the exemplary life of Sayyidah Fatimah. The literature sources used include Islamic history books, hadiths, biographies of figures, scientific journals, academic articles, and modern literature on character education and women's studies from an Islamic perspective. The research process was carried out through several stages, namely identifying key issues and concepts, collecting authoritative literature, organizing information based on certain themes, and comparative analysis to find the relevance of Sayyidah Fatimah's personality values to the needs of women's character education in the modern era. The data obtained were then analyzed descriptively and qualitatively to produce an in-depth understanding of the religious, moral, and social values contained in Sayyidah Fatimah's exemplary life and their implications for the development of women's character today (Afni, 2021).

3. FINDINGS AND DISCUSSION

Religious Values as the Foundation for the Formation of Women's Character

The religious values embodied by Sayyidah Fatimah az-Zahra provide a profound analytical foundation for understanding how spiritual principles can serve as a cornerstone in shaping the character of women in contemporary society. Her life illustrates the deep interconnection between faith, moral conduct, and personal identity—elements that are increasingly crucial in an era marked by moral ambiguity, digital distractions, and shifting cultural norms. An analysis of her religious values reveals that spirituality is not merely a set of ritualistic practices but a transformative force that influences emotional resilience, ethical decision-making, and interpersonal behavior. Sayyidah Fatimah's devotion to worship, steadfastness in fulfilling religious obligations, and unwavering trust in Allah during hardship exemplify a model of inner strength derived from spiritual conviction. This spiritual

foundation empowered her to navigate the challenges of life with dignity, patience, and clarity of purpose. In the context of character education for women today, such qualities highlight the significant role of religious values in fostering integrity, emotional balance, and moral awareness. Modern women, who often face pressures related to academic demands, career progression, social expectations, and personal identity, can benefit from adopting a spirituality-centered approach to character development as exemplified by Sayyidah Fatimah. By analyzing her practices, attitudes, and worldview, it becomes evident that religious values serve not only as guidelines for individual behavior but also as a stabilizing force that nurtures holistic character growth (Anggraini, 2024).

Furthermore, Sayyidah Fatimah's embodiment of religious values demonstrates that spirituality cultivates a profound sense of purpose, which is essential in character formation. Her life reflects a balance between devotion to God and active participation in social and familial responsibilities, showing that strong religious foundations do not hinder empowerment but rather enhance one's capacity to contribute meaningfully to society. Her sincerity in worship translated into virtues such as honesty, humility, compassion, and fairness qualities that are indispensable in contemporary discussions on female empowerment and leadership. An analytical perspective reveals that religious values offer a moral compass that guides women in making ethical choices amidst complex social realities. This is especially relevant in the digital age, where information overload and moral relativism can easily blur the distinction between right and wrong. By integrating the example of Sayyidah Fatimah into character education, educators and institutions can emphasize the importance of spiritual awareness as a source of ethical clarity and moral consistency. Her life teaches that strong character does not develop in isolation but is cultivated through continuous spiritual growth, reflection, and alignment with divine guidance. Therefore, adopting her religious values within modern educational frameworks can help women develop principled identities that resist negative societal pressures while promoting personal and communal well-being (FUAD, 2024).

In addition, analysis of Sayyidah Fatimah's religious values underscores the transformative role of spirituality in developing emotional resilience. Her life was marked by numerous adversities—economic hardship, physical strain, social conflict, and profound personal loss—yet she maintained composure, patience, and emotional intelligence. This suggests that religious devotion fosters emotional strength by grounding individuals in a higher purpose and providing a framework for interpreting and overcoming challenges. In contemporary character development, emotional resilience is considered a vital component of psychological well-being, enabling individuals to cope effectively with stress, disappointment, and uncertainty. Through the lens of her example, spirituality emerges as a powerful coping mechanism that enhances self-control, strengthens patience, and nurtures inner calm. These qualities are particularly important for modern women who must navigate multiple roles and responsibilities simultaneously. By internalizing religious values, women can cultivate emotional stability that supports both personal growth and healthy social interactions. Thus, the analysis demonstrates that the religious values embodied by Sayyidah Fatimah are not only spiritually enriching but also deeply practical for modern character education. They provide a holistic framework that integrates faith, morality, resilience, and ethical action, offering a timeless model for developing strong, principled, and emotionally balanced women capable of facing the challenges of the contemporary world (ALAYDRUS, n.d.).

Simplicity, Empathy, and Social Concern as Values that Form Social Character

The values of simplicity, empathy, and social concern reflected in the life of Sayyidah Fatimah offer a profound framework for analyzing character development for women in the modern era,

particularly in relation to the increasing influence of materialism, individualism, and social fragmentation. Sayyidah Fatimah's life exemplifies an extraordinary balance between spiritual depth and practical engagement with day-to-day realities, demonstrating that character is not merely a set of moral principles but a manifestation of lived values embedded in actions, attitudes, and interpersonal relationships. Her commitment to simplicity both in lifestyle and mindset—reveals a conscious detachment from worldly excess, even though she had every possibility to live in comfort as the daughter of the Prophet Muhammad. This intentional embrace of modest living serves as a counter-narrative to contemporary cultural pressures that equate a woman's worth with material ownership, physical appearance, or social status. In this sense, simplicity becomes an ethical and psychological foundation that cultivates humility, contentment, and inner peace, ultimately enabling women to focus on what is essential rather than being consumed by societal expectations. Through this lens, Sayyidah Fatimah's example provides a powerful critique of modern consumer culture and offers a sustainable model for internal stability and moral clarity (Masruroh & Syathori, 2025).

In addition to simplicity, empathy is one of the most striking aspects of Sayyidah Fatimah's character and holds significant relevance for contemporary character education. Her empathy was not limited to emotional sensitivity but extended into tangible acts of service, generosity, and advocacy for the marginalized. In modern society, where digital communication often replaces genuine human connection, empathy has become a critical competency that must be intentionally cultivated. Sayyidah Fatimah's life demonstrates the importance of emotional intelligence, active listening, and compassion as essential components of human interaction. Her ability to understand the struggles of others and respond with kindness serves as a moral compass for women navigating increasingly competitive and individualistic environments. Empathy in this context becomes a transformative force, fostering social cohesion and reducing the emotional isolation that is prevalent in many contemporary communities. By internalizing such values, women can develop relational maturity, strengthen their interpersonal skills, and contribute to building more harmonious and inclusive social ecosystems (Marlina, Tasari, & Tasdiq, 2023).

Furthermore, Sayyidah Fatimah's strong sense of social concern illustrates that character development is inseparable from social responsibility. Her involvement in charitable activities, her concern for the welfare of the poor, and her active role within her household and community reflect a holistic understanding of human purpose. In today's world, social concern is often overshadowed by personal ambition and self-preservation, yet societal progress depends on individuals who are aware of and responsive to the needs around them. Analyzing her example provides insight into how women can become agents of positive social change through small but consistent acts of kindness, community engagement, and advocacy. Social concern, therefore, becomes not only a moral obligation but also a means of empowering women to find meaning and fulfillment in service. Integrating this value into character education encourages women to develop a sense of shared responsibility, ethical leadership, and civic awareness, enabling them to address challenges such as inequality, injustice, and social disintegration (Hasanah, Susanto, & Karolina, 2021).

Taken together, the values of simplicity, empathy, and social concern present a comprehensive and deeply human framework for character development. Sayyidah Fatimah's life demonstrates that these values are not abstract ideals but deeply actionable principles that enrich personal identity and strengthen community welfare. By embracing simplicity, women cultivate humility and authenticity; through empathy, they deepen their emotional and relational intelligence; and through social concern, they contribute to the greater good. In the context of modern challenges, this integrated character model becomes especially vital, offering women the tools to navigate life with moral clarity, emotional

resilience, and a sense of purpose. Ultimately, Sayyidah Fatimah's exemplary character serves as a timeless blueprint for shaping virtuous, socially conscious, and emotionally intelligent women capable of fostering positive transformation within their families, communities, and the broader society (Darojah, Mudhfiroh, & Rohmah, 2025).

Resilience and Emotional Intelligence as Capital for Women in the Modern Era

The character of resilience and emotional intelligence embodied by Sayyidah Fatimah presents a rich framework for analyzing the essential qualities needed by modern women to navigate the complexities of contemporary life. Sayyidah Fatimah's experiences—marked by emotional, social, and spiritual challenges—illustrate a profound level of inner strength that remains deeply relevant today. From enduring the adversities faced by her father, the Prophet Muhammad, to managing domestic responsibilities within limited resources, and coping with personal losses, she consistently demonstrated patience, composure, and clarity of judgment. This resilience was not merely a passive endurance but an active, conscious ability to maintain stability, make principled decisions, and uphold moral values under pressure. In modern psychological terms, her behavior aligns with what is now identified as emotional self-regulation, adaptability, and meaning-centered coping strategies. The integration of these qualities into character education for women offers a holistic approach to building mental fortitude while maintaining emotional balance, particularly in an era characterized by rapid technological changes, high societal expectations, and increased exposure to stressors (Putri, Harmi, & Khair, 2021).

Analytically, Sayyidah Fatimah's resilience reflects a combination of cognitive, emotional, and spiritual strengths that can inform current character education approaches. Her ability to interpret hardship not as defeat but as an avenue for spiritual growth mirrors the contemporary concept of "adversity quotient," the measure of how individuals respond to challenges. In her life narrative, adversities were met with patience (*sabr*), reliance on God (*tawakkul*), and purposeful action—traits that modern psychological research associates with higher resilience and well-being. Moreover, her emotional intelligence is evident in her empathetic interactions, thoughtful communication, and capacity to maintain harmonious relationships despite external tensions. This aligns with Daniel Goleman's framework of emotional intelligence, which includes self-awareness, empathy, emotional regulation, and social skills. Sayyidah Fatimah's exemplary emotional maturity suggests that emotional intelligence is not merely a personal advantage but a moral and social asset, enabling women to foster healthier relationships, make ethical decisions, and contribute positively to their communities (Munawir, Faliani, & Ulya, 2024).

In the context of modern female development, these values are crucial because women today confront a unique blend of opportunities and pressures. The demands of academic achievement, workplace competition, digital exposure, and societal expectations of perfection often result in emotional fatigue, anxiety, and identity instability. The resilience demonstrated by Sayyidah Fatimah provides a counter-narrative that empowers women to reframe challenges as growth opportunities rather than sources of despair. Her model teaches that strength is not defined by the absence of struggle but by the ability to remain grounded, purposeful, and morally consistent despite those struggles. Additionally, her emotional intelligence underscores the importance of self-control, mindful communication, and empathy skills increasingly essential in a digital age where emotional reactions are often impulsive and interpersonal conflicts easily escalate through online interactions. Integrating these qualities into character education encourages young women to build psychological resilience,

reduce reactivity, and cultivate a deeper sense of self-worth anchored in values rather than external validation (Fadly, Hikmah, Safitri, Matita, & Rasyidah, 2020).

Furthermore, Sayyidah Fatimah's resilience highlights the significance of spiritual grounding as a stabilizing force in emotional development. While modern psychological models often emphasize cognitive and behavioral strategies, her life suggests that spiritual practices—such as prayer, reflection, and gratitude—function as powerful tools for emotional regulation and resilience-building. For many women, spiritual identity remains a vital dimension of personal strength, offering meaning, comfort, and direction when confronted with uncertainty. By situating resilience within a spiritual-moral framework, character education becomes more comprehensive and culturally relevant, especially for women in Muslim-majority contexts who seek harmony between faith and contemporary challenges. Sayyidah Fatimah's example allows women to view emotional strength not merely as a personal capacity but as an integrated aspect of faith-driven character formation (Sofianiyatin & Sanawati, 2024).

In conclusion, analyzing the resilience and emotional intelligence of Sayyidah Fatimah reveals a multidimensional model of female character development that blends psychological insight with spiritual depth. Her life offers a timeless prototype for modern women striving to navigate a complex world while preserving inner peace, moral clarity, and emotional stability. By adopting her example, character education for women can cultivate individuals who are emotionally mature, spiritually grounded, and resilient in facing life's uncertainties.

4. CONCLUSION

In conclusion, the resilience and emotional intelligence exemplified by Sayyidah Fatimah offer a powerful and holistic model for shaping the character of modern women, demonstrating that true strength emerges from the integration of emotional stability, moral integrity, and spiritual grounding. Her ability to confront hardship with patience, clarity, and unwavering faith provides timeless guidance for navigating contemporary pressures, while her empathy, self-awareness, and composure highlight the essential role of emotional intelligence in fostering healthy relationships and responsible decision-making. As a foundation for character education, her values encourage women to develop a balanced inner life, cultivate purposeful resilience, and anchor their identity not in external expectations but in enduring principles. Through this lens, Sayyidah Fatimah's example becomes not only a spiritual inspiration but also a practical blueprint for empowering women to thrive with dignity, strength, and emotional maturity in an increasingly complex and demanding world.

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