

The Influence of Zakat Distribution and the Global Hunger Index on the Human Development Index with Poverty Level as an Intervening Variable

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Abstract

Poverty is a problem that can affect individuals and society in various aspects. This research is expected to provide insight to the government and related institutions so that they can formulate appropriate regulations and manage zakat more efficiently so that zakat can contribute to poverty alleviation and reduce the hunger index, thus increasing the Human Development Index in the long term. The method used is the analysis of secondary data from zakat institutions and statistical data obtained from the GHI and BPS websites. These findings indicate that the equitable and targeted distribution of zakat can play a significant role in reducing poverty, improving nutritional status, and improving the quality of life of the community. This will have a positive impact on reducing the GHI and increasing the HDI. To be able to increase the HDI, each individual is required to always strive to improve their standard of living until it reaches the point of maslahah. These findings indicate the need for further studies on the distribution of zakat, the Global Hunger Index, the Human Development Index, and poverty levels from various research methods and different scopes to expand the study material and produce new findings.

Keywords : Zakat, GHI, Poverty, Human Development Index, Maslahah

Abstrak

Kemiskinan merupakan masalah yang dapat mempengaruhi individu dan masyarakat dalam berbagai aspek. Penelitian ini diharapkan dapat memberikan wawasan kepada pemerintah maupun lembaga terkait sehingga dapat merumuskan regulasi yang sesuai serta pengelolaan zakat dapat lebih efisien sehingga zakat dapat berkontribusi dalam pengentasan kemiskinan dan penurunan indeks kelaparan sehingga dalam dapat meningkatkan Indeks Pembangunan Manusia dalam jangka panjang.

Metode yang digunakan adalah analisis data sekunder dari lembaga-lembaga zakat dan data statistic yang diperoleh melalui laman GHI dan BPS. Temuan ini menunjukkan distribusi zakat yang merata dan tepat sasaran dapat berperan penting dalam mengurangi kemiskinan, meningkatkan status gizi, dan memperbaiki kualitas hidup masyarakat. Hal ini akan berdampak positif pada penurunan GHI dan peningkatan IPM. Untuk dapat meningkatkan IPM maka setiap individu diharuskan untuk selalu berusaha dalam meningkatkan taraf hidupnya hingga mencapai titik masalah. Temuan ini mengindikasikan perlunya kajian lebih lanjut mengenai pendistribusian zakat, *Global Hunger Indeks*, Indeks Pembangunan Manusia dan Tingkat kemiskinan dari berbagai metode penelitian dan ruang lingkup yang berbeda sehingga memperluas bahan kajian dan menghasilkan temuan baru.

Keywords: Zakat, GHI, Kemiskinan, IPM, Masalah

Introduction

Poverty is problems that can influence individuals and society in various aspects. There are a number of factors that cause occurrence poverty so that required careful assessment For can determine the right solution for families at risk experience poverty.¹ In Indonesia, the percentage The poor population in March 2023 was 9.36 percent , down 0.21 percent against September 2022 and decreased by 0.18 percent towards March 2022. This means amount The poor population in March 2023 was 25.90 million people, a decrease of 0.46 million people compared to September 2022 and a decrease of 0.26 million people compared to March 2022.



Figure 1. Number and Percentage Poor Population according to Island
Source: BPS, 2025

The graph shows that the majority of poverty occurs in rural areas, with a total of 12.22%, equivalent to 14.16 million poor people. High poverty rates can impact human development and, more broadly, can impact a country's

¹ Jung, SY, and RJ Smith, "The Economics of Poverty: Explanatory Theories to Inform Practice," Journal of Human Behavior in the Social Environment 16, no. 1–2 (2007): 37.

economic resilience.² The Human Development Index (HDI) is closely related to the Hunger Index, as countries with high hunger rates tend to have lower life expectancies due to nutritional deficiencies that impact health and productivity.³

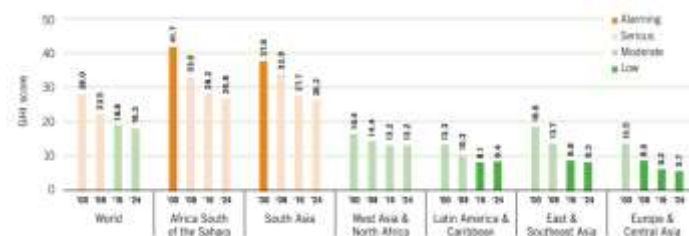


Figure 2. Global Hunger Index statistics in several countries

Source: GHI, 2025

Poverty alleviation can be achieved through a holistic approach by increasing income levels, equitably distributing income, and providing equal opportunities for all social segments.⁴ Alleviating socioeconomic problems and improving human development requires appropriate regulations and instruments. Islam has financial instruments that can be used as solutions in both the short and long term, one of which is zakat. Zakat is a crucial component with socio-economic-spiritual dimensions that creates economic balance for community well-being, thus preventing social, economic, and spiritual poverty.⁵ If managed efficiently, zakat can provide significant benefits to society, such as reducing poverty, elevating community dignity, and improving social welfare.

In Islam, the concept of development encompasses all aspects of life, including material, spiritual, moral, and so on. Islam views poverty as a factor that can lead people astray and violate religious principles.

This research is expected to provide insight to the government and related institutions so that they can formulate appropriate regulations and manage zakat more efficiently so that zakat can contribute to poverty alleviation and reduce

² Mehrotra, Santosh, and Jajati Keshari Parida, "Why Human Development Should Precede Economic Growth in the States," *Economic and Political Weekly* 56, no. 38 (2021): 54–61.

³ Hassan, M. Kabir, "An Integrated Poverty Alleviation Model Combining Zakat, Awqaf and Microfinance," presented at the Seventh International Conference: The Tawhidi Epistemology Zakat and Waqf Economy, Bangi, 2010.

⁴ Widiastuti, Tika, Ahmad Robani, et al., "The Nexus between Islamic Social Finance, Quality of Human Resource, Governance, and Poverty," *Heliyon* 8, no. 12 (2022).

⁵ Kusuma, Khusnul Ashar, and Muhammad Nafik Hadi Ryandono, "Zakah Index: Islamic Economics' Welfare Measurement," *Indonesian Journal of Islam and Muslim Societies* 6, no. 2 (2016): 274.

the hunger index so that it can increase the Human Development Index in the long term.

Methods

This study uses secondary data with an observation period of 2015–2025, adjusted to the availability of data on all variables. The units of analysis used are provinces in Indonesia, so the data is in the form of panel data (time series and cross-section). The type of data used is quantitative data, including zakat distribution, the Global Hunger Index (GHI), poverty levels, and the Human Development Index (HDI). Zakat distribution data was obtained from BAZNAS, while poverty and HDI data were sourced from the Central Statistics Agency. GHI data was obtained from reports published by Concern Worldwide and Welthungerhilfe.

This study uses a quantitative approach using the *Vector Error Correction Model* (VECM) method. The VECM method is used to determine the short-term and long-term equilibrium relationships between research variables.⁶ The research hypotheses are as follows:

H1: Zakat distribution has a negative effect on poverty

H2: GHI has a positive effect on poverty

H3: Zakat distribution has a positive effect on the Human Development Index (HDI).

H4: GHI has a negative effect on HDI

H5: Poverty level has a negative effect on HDI

H6: Zakat distribution has a positive effect on the Human Development Index through the poverty rate.

H7: GHI has a negative effect on HDI through poverty level

The analysis model in this study is as follows:

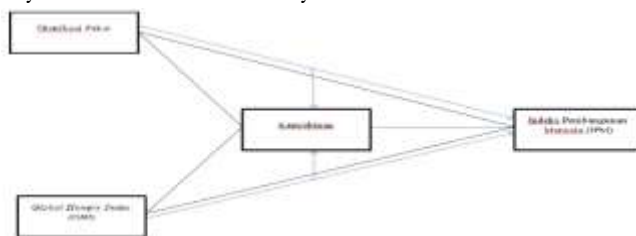


Figure 4. Analysis model

Source: Author

Through Figure 4, this research consists of 2 sub-structures, as follows:
Substructural Equation 1

⁶ Hassan, M. Kabir, “An Integrated Poverty Alleviation Model Combining Zakat, Awqaf and Microfinance,” presented at the Seventh International Conference: The Tawhidi Epistemology Zakat and Waqf Economy, Bangi, 2010.

Poverty Level = β Zakat Distribution + β GHI + eI

Substructural Equation 2

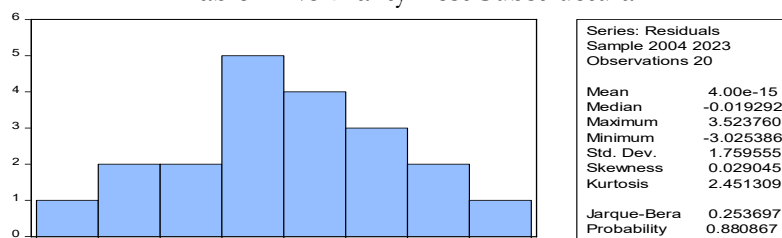
HDI = β Zakat Distribution + β GHI + β Poverty + eI

Results and Discussion

Analysis Substructural 1

1. Normality Test

Table 1 Normality Test Substructural I



Source: Data processed, Eviews 10 (2025)

2. Multicollinearity Test

Table 2 Substructural Multicollinearity Test I

Variable	Coefficient Variance	Uncentered VIF	Centered VIF
C	0.366402	2.117761	NA
X1	0.023064	1.693093	1.000023
X2	8.71E-05	1.428135	1.000025

Source: Data processed, Eviews 10 (2025)

3. Heteroscedasticity Test

Table 3. Heteroscedasticity Test Substructural I

F-statistic	1.233194	Prob. F(5,14)	0.3450
Obs*R-squared	6.115224	Prob. Chi-Square(5)	0.2932
Scaled explained SS	3.206123	Prob. Chi-Square(5)	0.6682

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	5.367174	3.122522	1.718859	0.1077
X1^2	0.117220	0.198216	0.591372	0.5637
X1*X2	-0.046503	0.151527	-0.306895	0.7634
X1	-0.469074	2.734100	-0.171564	0.8662
X2^2	0.000592	0.001710	0.346212	0.7343
X2	-0.048010	0.173432	-0.276822	0.7860

Source: Data processed, Eviews 10 (2025)

4. Autocorrelation Test

Table 4 Autocorrelation Test Substructural I

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	14.37586	0.605311	23.74953	0.0000
X1	-0.770005	0.151868	-5.070225	0.0001
X2	-0.004548	0.009334	-0.487232	0.6323
R-squared	0.604373	Mean dependent var		12.48500
Adjusted R-squared	0.557829	S.D. dependent var		2.797434
S.E. of regression	1.860181	Akaike info criterion		4.216706
Sum squared resid	58.82464	Schwarz criterion		4.366066
Log likelihood	-39.16706	Hannan-Quinn criter.		4.245862
F-statistic	12.98488	Durbin-Watson stat		0.496576
Prob(F-statistic)	0.000378			

Source: Data processed, Eviews 10 (2025)

5. T-test

Table 5 Substructural T-Test 1

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	14.37586	0.605311	23.74953	0.0000
X1	-0.770005	0.151868	-5.070225	0.0001
X2	-0.004548	0.009334	-0.487232	0.6323

Source: Data processed, Eviews 10 (2025)

In the T test, a variable is said to have an effect if the calculated T value is $> T$ table. The T table in substructural 1 has a value of Through table 2.109815578, while the calculated T for variable X1 is 5.0700225 and the calculated T for variable X2 is 0.487232. so it can be concluded that:

Variable X1 (zakat distribution) has a negative effect on variable z (poverty)

Variable X2 (GHI) has no effect on variable Z (poverty)

6. F test

Table 6 Substructural F-test 1

R-squared	0.604373	Mean dependent var	12.48500
Adjusted R-squared	0.557829	S.D. dependent var	2.797434
S.E. of regression	1.860181	Akaike info criterion	4.216706
Sum squared resid	58.82464	Schwarz criterion	4.366066
Log likelihood	-39.16706	Hannan-Quinn criter.	4.245862
F-statistic	12.98488	Durbin-Watson stat	0.496576
Prob(F-statistic)	0.000378		

Source: Data processed, Eviews 10 (2025)

The F test is said to have a simultaneous effect if the calculated $F > F$ table. In this test, the F table value is 3.591530568. Thus, it is concluded that X1 and X2 have a simultaneous effect on Z.

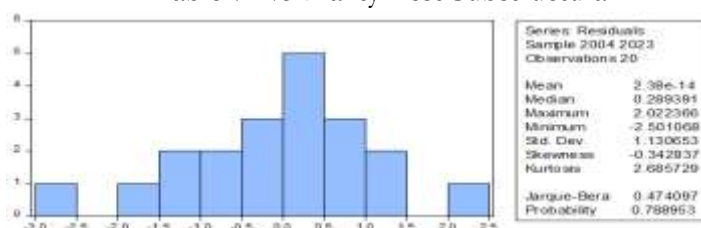
7. R Square Test

Based on table 6, it can be concluded that the adjusted r squared value 0.557829 or 55.7829%, this indicates that variables X1 and X2 are able to explain variable Z by 55.7829%, while the remaining 44.2171% is explained by other variables..

Analysis Substructural II

1. Normality Test

Table 7 Normality Test Substructural II



Source: Data processed, Eviews 10 (2025)

Based on the normality test, it can be formulated that the data is normally distributed because the probability value is > 0.05 , namely 0.788953.

2. Multicollinearity Test

Table 8 Multicollinearity Test Substructural II

Variable	Coefficient Variance	Uncentered VIF	Centered VIF
C	5.494104	72.38263	NA
X1	0.025419	4.258396	2.512249
X2	3.88E-05	1.448078	1.013989
Z	0.025807	55.52421	2.527633

Source: Data processed, Eviews 10 (2025)

Based on the multicollinearity test, it can be formulated that the data in substructure II is free from multicollinearity..

3. Heteroscedasticity Test

Table 9 Heteroscedasticity Test Substructural II

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	2.165507	1.254710	1.725902	0.1036
X1	-0.087837	0.085345	-1.029202	0.3187
X2	-0.005320	0.003332	-1.596573	0.1299
Z	-0.073601	0.085993	-0.855900	0.4047

Source: Data processed, Eviews 10 (2025)

The heteroscedasticity test used was Glesjer. The table indicates that the data is free from heteroscedasticity.

4. Autocorrelation Test

Figure 10 Autocorrelation Test Substructural II

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	77.39157	2.343950	33.01758	0.0000
X1	0.008695	0.159435	0.054534	0.9572
X2	-0.008807	0.006225	-1.414702	0.1763
Z	-0.524480	0.160645	-3.264842	0.0049

R-squared	0.640583	Mean dependent var	70.60650
Adjusted R-squared	0.573192	S.D. dependent var	1.885949
S.E. of regression	1.232101	Akaike info criterion	3.432175
Sum squared resid	24.28916	Schwarz criterion	3.631321
Log likelihood	-30.32175	Hannan-Quinn criter.	3.471050
F-statistic	9.305496	Durbin-Watson stat	1.104128
Prob(F-statistic)	0.000767		

Source: Data processed, Eviews 10 (2025)

The autocorrelation test used was the Durbin-Watson test. In this test, the Durbin-Watson statistic value was 1.104128, so the data was free from autocorrelation.

5. T-test

Table 11 Substructural T-Test II

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	77.39157	2.343950	33.01758	0.0000
X1	0.008695	0.159435	0.054534	0.9572
X2	-0.008807	0.006225	-1.414702	0.1763
Z	-0.524480	0.160645	-3.264842	0.0049

Source: Data processed, Eviews 10 (2025)

The T table in substructure II has a value of 2.119905299, so it can be concluded that:

X1 has no effect on Y

X2 has no effect on Y

Z has a negative effect on Y

6. F test

Table 12 Substructural F Test II

R-squared	0.640583	Mean dependent var	70.60650
Adjusted R-squared	0.573192	S.D. dependent var	1.885949
S.E. of regression	1.232101	Akaike info criterion	3.432175
Sum squared resid	24.28916	Schwarz criterion	3.631321
Log likelihood	-30.32175	Hannan-Quinn criter	3.471050
F-statistic	9.505496	Durbin-Watson stat	1.104128
Prob(F-statistic)	0.000767		

Source: Data processed, Eviews 10 (2025)

In this substructure II, the F table value is 3.238871517 . So it is concluded that X1, X2 and Z have a simultaneous effect on Y.

7. R Squared Test

Adjusted r squared value 0.573192 or 57.3192%, this indicates that variables X1, X2 and Z are able to explain variable Y by 57.3192% while the remaining 42.6808% is explained by other variables.

8. Sobel test

Testing X1 against Y through Z

Table 13 Sobel Test Variable X1

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	14.37586	0.605311	23.74953	0.0000
X1	-0.770005	0.151868	-5.070225	0.0001
X2	-0.004548	0.009334	-0.487232	0.6323

Source: Data processed, Eviews 10 (2025)

Table 14 Equation I

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	77.39157	2.343950	33.01758	0.0000
X1	0.008695	0.159435	0.054534	0.9572
X2	-0.008807	0.006225	-1.414702	0.1763
Z	-0.524480	0.160645	-3.264842	0.0049

Source: Data processed, Eviews 10 (2025)

The Sobel test is conducted to test the indirect influence between the independent variable on the dependent variable through the intervening variable. From the table above, it can be seen that X1 influences Y through Z, because the calculated T value < T table. The calculated T in this equation is 2.744979 and the T table in this equation is 2.109815578.

Testing X2 against Y through Z

Table 15 Sobel Test Variable X2

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	14.37586	0.605311	23.74953	0.0000
X1	-0.770005	0.151868	-5.070225	0.0001
X2	-0.004548	0.009334	-0.487232	0.6323

Source: Data processed, Eviews 10 (2025)

Table 16 Equation II

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	77.39157	2.343950	33.01758	0.0000
X1	0.008695	0.159435	0.054534	0.9572
X2	-0.008807	0.006225	-1.414702	0.1763
Z	-0.524480	0.160645	-3.264842	0.0049

Source: Data processed, Eviews 10 (2025)

From the table above, it can be seen that X2 does not affect Y through Z, because the calculated T value > T table. The calculated T in this equation is 0.481913597 and the T table in this equation is 2.109815578.

The T-test results indicate that poverty negatively impacts the Human Development Index (HDI). Poverty acts as a mediating factor in the relationship between other variables and human development. For example, inequality in agricultural land negatively impacts human development by creating poverty and income inequality, which in turn hinders human development.⁷ The HDI and poverty have a two-way relationship, where increasing the HDI can help reduce poverty, and vice

⁷ Qasim, M., Pervaiz, Z., & Chaudhary, A. R. Do Poverty And Income Inequality Mediate The Association Between Agricultural Land Inequality And Human Development? Social Indicators Research, 151(1), 2020: 115–134.

versa.⁸ Therefore, to improve human development, poverty alleviation strategies are necessary.⁹

One strategy for poverty alleviation is the use of Islamic social financial instruments, one of which is zakat. Research has shown that zakat distribution has a negative impact on poverty levels. Zakat distribution significantly reduces poverty levels, although zakat is used more for consumptive needs than for productive needs. Zakat distribution can reduce the prevalence, intensity, and severity of poverty and other social problems. Zakat allocation, which involves the provision of business capital and development support, has been effective in improving the welfare of recipients.¹⁰

In line with this, as stated in hypothesis 3, which states that zakat distribution has a positive effect on the HDI, this is inversely related to the T-test results, which state that zakat distribution has no effect on HDI growth. This could occur for several underlying reasons. One is the possible limitations in the scale and scope of zakat distribution, such as affecting only a small segment of society. For example, zakat programs often target specific groups such as cancer patients, scholarship recipients, or poor families. The impact of zakat on HDI is more pronounced at the individual or household level than at the broader regional or national level.¹¹

While zakat distribution has the potential to reduce poverty and help those in need, its impact on the Human Development Index (HDI) may be limited if not supported by broader and more sustainable policies in education, health, and income. This is due to the broader HDI metric and the larger population. Therefore, zakat alone is not always sufficient to significantly improve the HDI without a more comprehensive and systematic approach to human development.

This is supported by the statement in hypothesis 6, namely that Zakat distribution has a positive effect on the Human Development

⁸ Arwani, A., Safri, M. A., Zawawi, Tamara, K., & Masrur, M. (2023). Development Of The Economic Growth Model Reducing Poverty In Central Java Indonesia. *International Journal Of Professional Business Review*, 8(3).

⁹ Sijabat, R. Impact Of Economic Growth, Village Funds, And Poverty On Human Development In Indonesia: An Analytical Study From 2015 To 2022. *International Journal Of Advanced And Applied Sciences*, 11(3), 2024: 238–250.

¹⁰ Arifin, N., & Anwar, A. Z. The Improvement Model Of Microenterprises Of Post-Disaster Through Empowerment Of Productive Zakat. *Journal Of Governance And Regulation*, 10(4), (2021);156–163.

¹¹ Akmal, I. K. B., Majid, M. A. S., & Gunawan, E. Does Zakat Matter For Human Development? An Empirical Evidence From Indonesia. *Regional Science Inquiry*, 12(2), (2021): 195–208.

Index (HDI) through poverty levels. The results of this hypothesis test indicate that zakat distribution influences the HDI through poverty levels. Zakat distribution contributes to the education, health, and income sectors by providing financial support, thereby improving the overall quality of human resources, which in turn can increase the HDI.¹² By contributing to these sectors, zakat can play a role in increasing the HDI by playing its role as an Islamic social financial instrument in poverty alleviation.¹³

Poverty limits people's access to sufficient and nutritious food, which directly impacts the nutritional status of children and other vulnerable populations. Countries with high poverty rates tend to experience more serious hunger problems due to limited purchasing power and access to healthy and nutritious food resources. The GHI measures food security, hunger rates, and their impact on health, which are often associated with high poverty rates.

However, data processing results indicate that the Global Hunger Index (GHI) has no effect on poverty levels. This could be due to several factors, including differences in measurement focus or proxies,¹⁴ a lack of direct correlation¹⁵, and differences in methodology.¹⁶ Although the Global Hunger Index (GHI) measures the level of hunger and malnutrition in a country, it does not always directly reflect the level of poverty within that country. A country may have a low hunger rate but still face significant poverty challenges. This is because poverty is influenced not only by access to food, but also by other factors such as education, employment, and social infrastructure.

¹² Suriani, Riyaldi, M. H., Nurdin, R., Fadliansah, O., & Wintara, H. Zakat And Sustainable Development: Effect Of Zakat And Macroeconomic Variables On Dependency Ratio And Poverty. International Conference On Decision Aid Sciences And Application, DASA 2021. 2021 International Conference On Decision Aid Sciences And Application, DASA 2021. (2021).

¹³ Widiastuti, T., Robani, A., Sukmaningrum, P. S., Mawardi, I., Ningsih, S., Herianingrum, S., & Al-Mustofa, M. U. Integrating Sustainable Islamic Social Finance: An Analytical Network Process Using The Benefit Opportunity Cost Risk (ANP BOCR) Framework: The Case Of Indonesia. PLOS ONE, 17(5), (2022): 3.

¹⁴ Dasic, B., Devic, Z., Denic, N., Zlatkovic, D., Ilic, I. D., Cao, Y., Jermsttiparsert, K., & Le, H. V. Human Development Index In A Context Of Human Development: Review On The Western Balkans Countries. Brain And Behavior, 10(9). (2020).

¹⁵ Leigh, A., & Wolfers, J. Happiness And The Human Development Index: Australia Is Not A Paradox. Australian Economic Review, 39(2), (2006): 176–184.

¹⁶ Churilova, E. Y., Salin, V. N., Shpakovskaia, E. P., & Sitnikova, O. Y. (2019). Influence Of World Social And Economic Indicators' Interlinkage On The Development Of Human Potential. Journal Of International Studies, 12(4), 79–99.

Poverty acts as a mediator between the Global Hunger Index (GHI) and the HDI. High levels of hunger (high GHI) exacerbate poverty, which in turn negatively impacts the components of the HDI. For example, malnutrition (a component of the GHI) can lead to poor health outcomes and lower educational attainment, both of which are important components of the HDI.¹⁷ The Global Hunger Index (GHI) influences the Human Development Index (HDI) through poverty, as high levels of hunger are often associated with poor economic conditions. Poverty limits people's access to nutritious food, which can lead to malnutrition and poor health. This affects the health components of the HDI, such as life expectancy and child mortality, as well as education, as children affected by malnutrition tend to experience delays in their physical and cognitive development. Consequently, a low GHI, reflecting high levels of hunger, contributes to a low HDI, as poverty exacerbates hunger, which in turn harms the overall well-being of the population. Therefore, poverty reduction and increased food security are crucial for improving the HDI through improvements in health, education, and income.

In the context of the Human Development Index (HDI), Islam encourages improving the quality of life through health, education, and economic development, as reflected in the concepts of zakat and sedekah (alms) as a means of redistributing wealth to reduce social inequality. Furthermore, Islam emphasizes the importance of equal access to basic needs such as food, clean water, and healthcare, which are part of efforts to improve the quality of life for humanity. The improvement of the Human Development Index (HDI) in Islam is strongly influenced by the principles of social justice, education, and welfare upheld in religious teachings. Islam teaches the importance of individual empowerment through adequate education, poverty alleviation, and improving community welfare. Therefore, Islamic values that prioritize justice, social solidarity, and individual empowerment can play a significant role in achieving a more equitable and sustainable increase in the HDI.

As Allah says in QS al-Baqarah verse 286 which reads:

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا

¹⁷ Kumar M. D., Saleth R. M., Foster J. D., Niranjana V., & Sivamohan M.V.K. (2016). Water, Human Development, Inclusive Growth, And Poverty Alleviation: International Perspectives. Dalam *Rural Water Systems For Multiple Uses And Livelihood Security* (Hlm. 17–47). Elsevier Inc.

وَلَا تُحْمِلُنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا إِنَّكَ مَوْلَانَا فَانصُرْنَا
عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

Meaning: Allah does not burden a person, except according to his ability. For him there is something (reward) for the (virtue) he strives for and for him there is (also) something (torment) for the (crime) he commits. (They prayed,) "O our Lord, do not punish us if we forget or we are wrong. O our Lord, do not burden us with a heavy burden as You imposed on those before us. O our Lord, do not carry on us what we cannot bear. Forgive us, forgive us, and have mercy on us. You are our protector. So, help us in facing the disbelievers."

This verse teaches that Allah Almighty does not burden a person beyond their capacity. Therefore, one must always strive to improve oneself and not burden oneself with things beyond one's capacity. Humans must always strive to improve their standard of living so that they can achieve benefits for themselves and others.

Improving quality of life through the heart focuses on developing emotional and spiritual aspects, which play a vital role in one's well-being. The heart, in this context, refers to inner peace, the ability to feel empathy, and maintaining harmonious relationships with oneself and others. When the heart is filled with compassion, gratitude, and concern for others, a person tends to feel happier and more satisfied with their life, despite the challenges they face.

Practices such as being kind to others, maintaining healthy relationships, and living a life filled with positive values can improve quality of life. Furthermore, a healthy heart is also linked to spiritual happiness, which can be achieved through self-reflection, prayer, or meditation, which helps one discover a deeper purpose and meaning in life. By maintaining a clean heart, one can more easily achieve inner peace, manage stress, and improve social relationships, all of which will ultimately improve their quality of life.

Improving the quality of life through good deeds includes good actions performed with sincere intentions to draw closer to God and benefit others. Good deeds, such as paying zakat (alms), giving charity, helping others, being kind to family, and behaving honestly, not only have a positive impact on society but also bring inner peace and happiness to those who do them. Through good deeds, a person can experience the peace and satisfaction that comes from positive actions that bring goodness to others, which directly improves their quality of life.

Furthermore, righteous deeds strengthen one's spiritual connection with God, as every good deed is done with the right intention and a full awareness of life's higher purpose. In Islam, righteous deeds are considered a path to happiness in this world and the hereafter, as they not only provide direct benefits to others but also open the doors to blessings

in life. By regularly performing righteous deeds, one can experience blessings in one's livelihood, health, and social relationships, contributing to an overall improvement in one's quality of life.

Conclusion

Distribution of zakat contributes positive to increasing the HDI through alleviation poverty. Besides GHI also has a negative effect on HDI through level poverty, meaning A high Global Hunger Index (GHI) indicates height level hunger and deprivation nutrition, can give impact negative to Human Development Index (HDI) through height level poverty. Equal and appropriate distribution of zakat target can play a role important in reduce poverty, improve nutritional status, and improve quality life society. This is will impact positive on the decrease of GHI and increase of HDI, because increase access to education, health, and income. With Thus, the distribution of zakat is not only functioning as tool alleviation poverty, but also as solution strategic in increase welfare social and development man in a way overall. For can increase the HDI then every individual required for always try in increase level his life until reach point benefit.

Hunger Index, poverty, and Human Development Index with method as well as room scope further research wide so that produce more findings comprehensive.

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