

HABITUATION OF READING JUZ AMMA AND DHUHA PRAYER IN FOSTERING SPIRITUAL INTELLIGENCE OF GRADE III STUDENTS AT MI MA'ARIF NGRUPIT PONOROGO

Ricky Cahya Permatasari¹, Mukhlison Effendi¹

¹Institut Agama Islam Negeri Ponorogo, Indonesia

Email: rickycahya60@gmail.com¹, effendi@iainponorogo.ac.id¹

Abstract

Advances in technology have made the current generation forget religious knowledge, resulting in a weakening of the character and morals of students starting from bad attitudes, speech and behavior, therefore it is necessary to balance this with the habit of reading juz amma and praying dhuha in cultivating students' spiritual intelligence. Spiritual intelligence can cultivate religious values as a basis for doing something positive so that it can develop for the better. This study aims to: 1) find out the habit of reading juz amma in growing students' spiritual intelligence, 2) find out the habit of Duha prayer in growing spiritual intelligence student. This type of research is qualitative. Data collection techniques are obtained from observations, interviews and documentation. The results of the research show that 1) The habit of reading juz amma in cultivating the spiritual intelligence of class III students at MI Ma'arif Ngrupit Ponorogo is by doing it repeatedly every Monday to Saturday which is carried out together by understanding the contents of the Al-Quran which can provide peace of mind of students so that they can foster students' spiritual intelligence, 2) The habit of Duha prayer in cultivating the spiritual intelligence of students in class III at MI Ma'arif Ngrupit Ponorogo is by carrying out every day starting at 07.30 until it is finished in order to teach students to worship or ask for help only to God and always draw closer to him.

Keywords: Reading juz amma, Dhuha prayer, Spiritual Intelligence.

Abstrak

Abstrak: Kemajuan teknologi membuat generasi sekarang melupakan ilmu agama, sehingga mengakibatkan melemahnya karakter dan akhlak siswa mulai dari sikap, ucapan, dan perilaku yang kurang baik, maka dari itu perlu mengimbanginya dengan pembiasaan membaca juz amma dan shalat dhuha dalam menumbuhkan kecerdasan spiritual siswa. Kecerdasan spiritual dapat menumbuhkan nilai-nilai agama sebagai landasan untuk melakukan sesuatu yang positif sehingga dapat berkembang menjadi lebih baik. Penelitian ini bertujuan untuk: 1) mengetahui pembiasaan membaca juz amma dalam menumbuhkan kecerdasan spiritual siswa, 2) mengetahui pembiasaan shalat dhuha dalam menumbuhkan kecerdasan spiritual siswa. Jenis penelitian adalah kualitatif. Teknik pengumpulan data diperoleh dari hasil observasi, wawancara dan dokumentasi. Hasil penelitian menunjukkan bahwa 1) Pembiasaan membaca juz amma dalam menumbuhkan kecerdasan spiritual siswa kelas III di MI Ma'arif Ngrupit Ponorogo yaitu dengan melakukan berulang-ulang setiap hari senin sampai sabtu yang dilaksanakan bersama-sama dengan memahami isi kandungan Al-Quran yang dapat memberikan ketenangan jiwa siswa sehingga dapat menumbuhkan kecerdasan spiritual siswa, 2) Pembiasaan shalat dhuha dalam menumbuhkan kecerdasan spiritual siswa di kelas III di MI Ma'arif Ngrupit Ponorogo yaitu dengan melaksanakan setiap hari dimulai pada pukul 07.30 sampai selesai agar mengajarkan siswa untuk menyembah atau memohon pertolongan hanya kepada Allah dan selalu mendekatkan diri kepadanya.

Kata kunci: Membaca juz amma, Shalat dhuha, Kecerdasan Spiritual

Introduction

The development of spiritual intelligence in children in Law 20 of 2003 states that the purpose of national education is to develop the potential of students to become human beings who are faithful and devoted to God Almighty, have good morals, are healthy, knowledgeable, capable, creative, independent, and become democratic and responsible

citizens, (Achadi: 2018). The value of spirituality is placed at the forefront of the statement, because spirituality is the foundation in supporting the success of national education. So it can be seen that the objectives of national education have optimized spiritual intelligence that can be obtained through religious lessons, so that the religious values will be formed.

Embedding spiritual values from an early age can be started through a process of habituation. In psychology, habituation is called "conditioning". This activity will become a habit and ability that will eventually become personal traits that are reflected in daily behavior. Habituation is an activity that is carried out repeatedly so that the activity can become routine. Thus, children will understand more easily what is being taught and they will always remember so that it makes an impression on their lives. Through habituation, students can think, behave, and act in accordance with the demands of Islamic teachings, (Akhyar & Sutrawati: 2021)..

A person's personality can be formed by environmental factors and potential factors from within the student. The basic potential that exists in children is the innate potential that children are born with, therefore, the basic potential must always be directed so that the purpose of educating children can be achieved optimally. The direction from the teacher to students in the school is an external factor, one of which is by using the habituation method, which is in the form of instilling good habits in students. A good habit will make an individual seems to be good, and vice versa.

According to Jalaluddin Rahmat, one way to foster children's spiritual intelligence is to read the Quran (holy book) and understand its content, (Jalaludin: 2007). By getting closer to Allah, it can provide peace of mind.

And if someone always does dhuha prayer he will get grace and abundant gifts from Allah SWT. Therefore, dhuha prayer is believed to be able to increase one's intelligence, especially physical, emotional, spiritual as well as intellectual intelligence, (Rosad: 2020).

If someone has spiritual intelligence, it will bring peace and tranquility in his life. However, nowadays education has not succeeded in forming a young generations who are intellectually and spiritually intelligent, (Fadhilah: 2018). It is still so concerning that the young generations have a lack of religious values. Nowadays, many children are influenced by technological advances yet they do not balance it with religious knowledge. Technology makes them increasingly forget about religious knowledge. Nowadays many children forget the Quran, they do not study or read or appreciate it and even leave the Quran. Even many Muslims today have abandoned the Quran in the sense of denying and not believing in the Quran.

Whereas worshipping God, such as praying and reading the Quran or Juz amma, is important for life because it is a guide for human life. What we have known is that today's youth spend more time watching television, and playing games until they forget the time to study and worship, and the lack of honesty, if they are left uncontrolled, it will have an impact on their future. This can happen because of the wrong education system and guidance given before. So this is where the responsibility of educational institutions is to pay attention to the future of their students as the next generation of this nation by equipping them by fostering intelligence that allows them to be able to reach their future, namely through spiritual intelligence.

Overcoming these problems, it can be done by embedding good morals or morals related to spiritual intelligence. In this case, developing spiritual intelligence is an appropriate way to overcome bad behavior and it should be instilled and developed early age because it is the foundation for shaping spiritual intelligence in the child. Therefore, schools need a habituation through programs or activities that can help to improve spiritual intelligence in accordance with religious education.

So with this problem, MI Ma'arif Ngrupit Ponorogo held the habituation of reading Juz amma and dhuha prayer before learning activities began and the students were required to read Juz Amma first, followed by dhuha prayer. From the background of problems above, the author is interested in observing and examining more deeply about the implementation of reading Juz amma and dhuha prayer habits which are carried out in class III at MI Ma'arif Ngrupit Ponorogo in order to grow the students' spiritual intelligence..

Method

This research was conducted at MI Ma'arif Ngrupit Ponorogo, located on Gambir Anom Street 23, Ngrupit Village, Jenangan District, Ponorogo Regency, East Java. The research was conducted on February 7-10, 2023. The type of research is descriptive qualitative research. The data in this study are divided into 2, namely primary data and secondary data. The data sources in this study consist of words and actions as well as documents. The informants in this study were the principal, class teacher and third grade students at MI Ma'arif Ngrupit Ponorogo. The data collection techniques are observation, interview and documentation.

Result and Discussion

MI Ma'arif Ngrupit Ponorogo is a religious-based educational institution which has superior vision in Imtaq and Science and Technology as well as environmental culture and the mission of fostering the attitude and trust of Islam ahlussunnah wal jamaah. In order to achieve this vision and mission, it is necessary to have a program such as the habituation program of reading juz amma for class III to foster the development of spiritual attitudes and be able to actualize themselves in accordance with the teachings and norms of Islam with an Islamic personality and morals..

The habituation of reading juz amma is a program found at MI Ma'arif Ngrupit Ponorogo in order to achieve the vision of the madrasa and improve students' imtaq and character in hoping that through the habituation of juz amma which is carried out every day, the students will have good discipline character as the Islamic generation.

According to the results of an interview with Mr. Putra David Mahendra, S. Pd.I as the Arabic teacher of MI Ma'arif Ngrupit Ponorogo stated that: "In improving the quality of students, MI Ma'arif Ngrupit Ponorogo has habituation activities which later after graduating from the madrasa the students will have the provision of memorizing letters that are often read every day, besides that, it can also foster an attitude of discipline, faith and piety in students".

Based on the results of the description above that the habituation of juz amma readers at MI Ma'arif Ngrupit Ponorogo students will begin to get used to reading the Quran frequently so that it can increase students' interest in reading the Quran, especially juz amma. And with the frequent implementation of reading juz amma, students will memorize what they often read every day..

Mrs. Noha Lazulva Aminin, M.Pd as class III B teacher MI Ma'arif Ngrupit Ponorogo, stated that: "The practice of reading juz amma is carried out every Monday to Saturday before the learning process starts at 07.00 and all students arrive at school then carry out the habit of reading juz amma with their classmates". this activity is carried out in their classroom to make it easier for teachers to control their students well.

The results of observations show that third-grade students at MI Ma'arif Ngrupit Ponorogo in implementing the customization of reading juz amma have been running well and orderly. When getting into the class, the students are enthusiastic to immediately open the juz amma book and read it together, even though the teacher has not yet come to the classroom. Reading juz amma in the classroom also helps the teacher to condition the students and make sure their tajweed is all correct.

Dhuha Prayer Habit in Growing Students' Spiritual Intelligence in Class III MI Ma'arif Ngrupit Ponorogo

It can be seen that the advance of technology nowadays impact on the derivation of student's attitude. The researcher found that there are some students are quite impolite especially while talking to their teacher. Thus the Madrasa conducts the habit of reciting Quran and praying Dhuha regularly in every day in order to increase the quality of MI Ma'ruf Nguprit Pohoorogo.

Based on the results of an interview with Mr. Rohmad Abidin S.Pd as a teacher of Islamic cultural history at MI Ma'arif Ngupit Ponorogo that: "Implementation of the habituation of the Duha prayer in each class after carrying out the habit of reading juz amma, followed by the habit of praying the Duha prayer at around 07.30 is carried out in congregation, in order to establish brotherhood among fellow Muslims and establish more friendship and harmony between classmates." The interview result with Mr. Putra David as an Arabic teacher at MI Ma'ruf Nguprit Ponorogo says that: "Dhuha prayer in the classroom is conducted in order to get the students calmer, more focused, more effective, and the teacher will easily control the students' pronunciation of Quran verses and also the movement of their Salat. Based on the observation, the researcher found that the Dhuha prayer is conducted in the class and after recitation of Kuran, at 7.30, and this habit is getting better.

Based on the interview result with Ma'am Elis Sri Winaroh S.Pd as the head master of MI Ma'ruf Nguprit Ponorogo stated that: "conducting Dhuha prayer in groups that aim to bring the sunnah back and create the politeness."

This activity is done at MI Ma'rif Nguprit Ponorogo due to an effort to foster all students' want. This aims to build leadership related to discipline and social care.

Pembiasaan Membaca Jus Amma Dalam Menumbuhkan Kecerdasan Spiritual Siswa di Kelas III MI Ma'arif Ngrupit Ponorogo

Spiritual intelligence really has impact on someone's behavior because it will give the positive impact on every action of a person. All of the good deeds are only done because and for Allah. The benefit of having spiritual intelligence is being able to understand other people and it will be guaranteed that someone who has spiritual intelligence has a big empathy to others, (Hermawan, 2013).

Getting the students used to reading Quran is truly important since it is the guidance of human life. Every human being is encouraged to always read the Quran in order to always remember Allah and always be protected by Allah SWT. In accordance with the word of Allah Q.S Al-Alaq verses 1-5.

إِقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ خَلَقَ الْإِنْسَانَ مِنْ عَلَقٍ ۚ اقْرَأْ وَرَبُّكَ الْأَكْرَمُ ۚ الَّذِي عَلَّمَ بِالْقَلَمِ ۚ عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ

Artinya : 1. Recite in the name of your Lord who created, 2. Created man from a clinging substance. 3. Recite, and your Lord is the most Generous 4. Who taught by the pen - 5. Taught man that which he knew not."(QS. Al-Alaq:1-5).

In the verse there is the word iqra which means conveying, analyzing, reading, deep, examining, knowing. The message conveyed in the verse is that we are commanded to read. In the results of the interviews and observations above, it can be seen that the students' interest in reading and memorizing juz amma so that madrasah implements the habituation of reading juz amma not only to shape students' personalities to become better, but also so that students can get used to bringing themselves closer to reading our holy Quran so that if they

are accustomed to reading the Quran every day little by little students will begin to get used to reading the Quran. This habit is carried out every day and consistently so that the purpose of habituation of reading juz amma can be felt and can become a habit that is difficult to leave in his life. In addition, the Madrasah hopes that after graduating from MI Ma'arif Ngrupit, students are fluent and good at reading juz amma in accordance with the laws of tajweed and have the provision of memorizing short letters. In this case, it is a form of Madrasah's efforts in implementing the vision and mission of the madrasah as well as increasing the imtaq and character of the students with Islamic personalities and morals.

Spiritual intelligence is the source of guidance in behaving, thinking, and feeling. It can also ease someone to grow up as a better person. Spiritual quotient is an ability to foster religious values as the goals or foundation to do something positive, Agustian (2016:47).

The way to foster the students' spiritual intelligence is by reciting Quran together, Muhammad (2010:160). Conducting the habit of reading Quran will give the change to the students such as having more awareness to do the habituation even if the teacher who guides has not come yet, they will responsibly do their routine of reciting Quran together. By doing this habit continuously, the students will grow their natural positive habit. This character change can be seen and felt by the students themselves as well as other people.

Habituation of Dhuha Prayer in Growing Students' Spiritual Intelligence in Class III MI Ma'arif Ngrupit Ponorogo

Group prayer activity carried out by the students is a communication process of teaching and learning that is done in order to grow a discipline habit to worship. The success of the teacher in delivering the material depends on the communication and interaction between the teacher and the students. In learning process, they will get the experience in real words and real experience.

Carrying out prayers and the experience is taught through the habituation of praying together in madrasa and it will become a habit for students. Habituation in learning will provide benefits for students in carrying out learning activities so that some skills and behavior expected by the madrasah can be well familiarized. With the implementation of the dhuha prayer habit, students will have a good habit of being able to organize themselves to be disciplined in conducting the prayer.

Doing dhuha prayer together at madrasah will foster togetherness, discipline in carrying out prayer on time, and can help to educate students to be disciplined in worship and make good use of time well, Srifariyati (2020:13).

In improving the students' attitude, it is important to do habituation continuously so that the moral values will be fostered well. Attitude is one of important thing that an individual must have. As stated in "Science of Morals", previous human morals were shari'at which were continuously refined or changed and reconstructed for the benefit of the human future. Therefore, the habituation of dhuha prayer has a positive role in instilling student morals. Good behavior is shown by the traits and movements of his daily life, Nuhansyah (2020:25).

Based on this theory, the researcher can conclude that in improving student morals and discipline, it can be done by doing Duha prayer as a habit. This is in accordance with the aim of MI Ma'arif Ngrupit Ponorogo to become students who are more disciplined, religious, independent and aware in themselves to carry out positive activities so that they can have good moral character and it is hoped that students will have good morals with the understanding of ahlussunnah wal jama'ah. Duha prayer is a sunnah prayer that is done at Duha time, the name is taken from the time. Dhuha, which means the time in the morning when the sun rises to the height of a spear, approximately a spear, at around 7 WIB until the sun slips (15 minutes before the midday prayer), Al'aydarus (2013:63).

Based on the theory, the researcher concludes that in improving the students' moral and discipline, it is important to do the habit of dhuha praying. It aims to make the students more discipline, religious, independent, and aware of doing positive things so that they can have good attitude and understand the ahlussunnah wal jama'ah. Dhuha praying is sunnah that is done at dhuha time where the name comes from. Dhuha means means the time in the morning when the sun rises to the height of a spear at approximately 7 a.m. until the sun slips (15 minutes before the dhuh prayer), Al'aydarus (2013:63).

The result of the interview above, it can be seen that the students of class III at MI Ma'arif Nguprit Ponorogo conduct the dhuha prayer together at 7.30 a.m. in the classroom. It aims to establish harmony between classmates and the accompanying teacher can be easier to control the students and correct the recitations and student prayer movements. Dhuha prayer impacts on the good change of their personality and moral that can be felt by the students themselves and also other people around them.

Conclusion

The habituation of reading Quran in fostering spiritual intelligence of class III students at MI Ma'arif Nguprit Ponorogo is done by practicing it continuously from Monday to Saturday and understanding the meaning of the verses in Quran that can provide peace of mind thus it can gradually foster the spiritual intelligence of the students. The habituation of Dhuha prayer in developing students' spiritual intelligence of class III students at MI Ma'arif Nguprit Ponorogo is done at 7.30 a.m. in order to worship and ask for Allah's protection as well as to get closer to Him.

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