

## **THE EFFECT OF MEMORIZING AL-QUR'AN ON ADOLESCENT SELF CONTROL IN RQT AL-MUKMIN**

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### **ABSTRACT**

This research was conducted to determine the effect of memorizing Al-Qur'an on self-control possessed by adolescents. The research method used is experimental research with one group pre-test posttest design. The sampling procedure used purposive sampling technique which consisted of 30 students as the experimental group. The experimental group will be given treatment in the form of memorizing surah in Al-Qur'an. The data collection method used is the Likert model scale regarding self-control scale. Data analysis in this study used statistical applications, namely SPSS with t-test with independent samples test analysis through pre-test and posttest. By using SPSS a significant value of 0.017 was obtained and  $H_0$  was rejected and  $H_a$  was accepted.

### **Introduction**

Each individual will experience stages in life. The life process of individuals is divided into five, namely prenatal, infant, childhood, adolescent, and adulthood. It is in adolescence that it is very influential on the individual where this period is filled with productive activities and there are life goals that are influential in achieving his success and preparing to enter the next stage of life. But not all individuals can make good, correct and productive use of this adolescence. Because in adolescence there are some changes that are different from the age of children, when a teenager cannot afford to carry out the changes that occur will be a problem.

There are so many teenagers who commit acts that are not in accordance with religious norms and social norms in the surrounding environment such as stealing, drinking, promiscuous sex, defying parental orders, fighting between students, extorting the rights of others, violating traffic signs and watching porn videos and so on. These actions are carried out only in the public school environment but many also occur in the boarding school environment. This is what degrades the morality of adolescents so that teenagers who should obey the rules that have been set by the school and their environment become uncontrollable and obeyed, this happens because there is no strong self-control in responding to all life problems (Mirsanti, 2020).

McMullen, John. C (1999) says self-control is being able to refrain from engaging in behavior that is considered to be against the rules. Self-control is an individual's ability to understand self-situations and their context as well as the ability to control oneself in accordance with conditions or norms of society in order to display good behavior and be accepted in the surrounding environment. Calhoun and Acocella (in Mahendra, 2019) suggest there are two reasons that individuals have self-control done continuously. First, the behavior and attitudes that exist in the individual do not interfere with others. Second, society has a role in encouraging individuals to improve their behavior either by making written or unwritten rules so that individuals do not commit deviations that can harm themselves or others.

Al-Qur'an is a word of Allah handed down to the Prophet Muhammad SAW which in its content can regenerate the morale of a declining individual by knowing the meaning contained in Al-Qur'an to know what purpose we live in this world and the actions that must be done in life. Basically, the Qur'an provides peace of mind for its readers and if a person memorizes Al-Qur'an is closely related to forming a good person and memorizing means also keeping Al-Qur'an and keeping Al-Qur'an means also keeping oneself from doing or doing things that deviate from its teachings (Mahendra, 2019). An individual who memorizes Al-Qur'an means that the individual is required to have a good discipline character, especially for students who have the task of completing the target of reading Al-Qur'an and memorizing deposits (Widiantoro, 2017). This causes students to be able to divide their time with activities that are considered more fun than memorizing Al-Qur'an such as gathering and walking with friends just to eat, play games, and so on. Therefore, a person who can divide his time in these various activities requires good self-control so that every activity both as a student or teenager and student can be achieved according to the expected goals.

If the student who memorizes Al-Qur'an can maintain his memorization by continuing to repeat, memorize it earnestly, and facilitate the reading with tartil, it means that the student can be responsible and fulfill his obligations. Meanwhile, if the student is lazy to memorize, but the samtri realizes his laziness. Therefore, these students should have a way to overcome the laziness experienced so that they can memorize Al-Qur'an. One way is to understand the factors and roles of self-control in the individual student. Goldfried and Merbaum in (Hakiki, 2021) say that self-control acts as an ability to structure, guide, regulate and direct forms of behavior that lead an individual towards positive consequences. This ability of self-control in individuals will essentially develop with age (Hakiki, 2021).

Based on some of the discussions above, it illustrates how important self-control is in individuals, especially in adolescents, where as the times progress, individual self-control begins to decrease because it is influenced by several things such as, the unfiltered entry of western cultures that cause changes in the way of seeing individuals in every aspect of life. Therefore, solutions are needed to improve individual self-control.

One of them is by memorizing Al-Qur'an in an attempt to improve self-control. With memorization activities here, it will cause perseverance for teenagers so that individuals can

also divide their time well, protect themselves from deeds, and so on. But not infrequently we also hear that some cases of juvenile delinquency are also carried out by students. Therefore, researchers feel interested in conducting a study entitled "The Effect of Memorizing Al-Qur'an on Adolescent Self-Control in RQT Al-Mukmin".

## Method

This research was conducted at RQT Al-Mukmin. The population in this study were students and students of Idad Class in RQT Al-Mukmin. The sample taken consisted of 30 students who were used as an experimental group. They will be treated by memorizing surah in Al-Qur'an for 3 days. Samples taken using a non-random method, namely purposive sampling. Purposive sampling determines samples with conditions or characteristics that have been determined by researchers (Seniati, 2017). The conditions or characteristics that must be are:

1. Samples are students who are in the process of memorizing Al-Qur'an.
2. The sample was students aged 12-18 years.
3. Sample is a student in Idad class in RQT Al-Mukmin

The research method used in this study is a quantitative research method in the form of experimental research. In this experimental study, the design used was *one group posttest design*. *One-group pretest-posttest* design is a research design where measurements are made first of bound variables, then treatment is given and re-measurement of variables is carried out with the same measuring instrument (Seniati, 2017). However, before being given treatment, researchers make observations first. *One group of pretest-posttest* design was chosen as the design of this experimental research because by doing pretest and posttest can provide comparison data.

Measurement (O1) → Manipulation (X) → Measurement (O2)

In experimental research, the influence or relationship between dependent variables and free variables (*independent variables*) wants to be known where *dependent variables* are the focus of research (Azwar, 2007). This research design also has 2 (two) variables, namely:

1. *Independent variables*, that is, causal variables that will be seen to have an effect on bound variables. In this study, the free variable is memorizing Al-Qur'an.
2. *Dependent variables*, which are variables resulting from free variables. In this study the bound variable was self-control.

Data collection is carried out to obtain information in order to achieve research objectives (Gulo, 2007). The data collection method used in this study is a Likert model scale consisting of 4 (four), namely SS (Strongly Agree), S (Agree), TS (Disagree), and STS (Strongly Disagree). Data analysis is a very important part of the scientific method, because

the existence of data analysis can provide meaning and usefulness in solving research problems. The data obtained in the research that has been carried out by the researcher will be processed with a nonparametric analysis method. A hypothesis testing procedure based on the assumption that a random sample comes from a normally distributed population is called the parametric method, while a hypothesis testing as the normality of that distribution is not met. Where the statistical procedure is known as the nonparametric method or the distribution-free method (Nazir, 2011). To test the hypothesis, the research used an independent sample t-test using a statistical application in the form of SPSS. The analysis of the test result data used was obtained from the *pretest* and *posttest* results that had been carried out. *Pretests* are carried out before receiving treatment and *posttests* are carried out after getting treatment.

### **Results and Discussion**

Data analysis in this study used a statistical application model, namely SPSS by conducting a t-test. Researchers using the t-test can compare the level of self-control in students in RQT Al-Mukmin given a program to memorize Al-Qur'an. The way to measure it is with the pretest and posttest. Pretest is a measurement that is given before treatment, while posttest is a measurement given after the subject has received treatment from Al-Qur'an memorization program.

### **Treatment**

Researchers gave treatment to the experimental group with a program, namely memorizing Al-Qur'an which aims to find out the influence of free variables, namely memorizing Al-Qur'an on bound variables, namely self-dick. In this study, it compared the level of self-control of students in RQT Al-Mukmin before and after the treatment of the Quran memorization program to the subject.

### **Time**

The implementation time of this research program is 3 days. Researchers use 3 days because the time to memorize Al-Qur'an is enough to have an effect on improving self-control in the subject. First, subjects are given a pre-test first using a self-control scale. Then the subjects were given treatment to memorize Al-Qur'an in the form of surah Al-Hujurat verse 12 and hadith with the theme of not hurting each other for 3 days. Every day the subjects are always asked, controlled, trained and given guidance about the memorization given. After that, on the third day the whole subject deposits its memorization with the researcher. When the entire subject has completed its memorization task, the researcher gives a post-test using a self-control scale. Treatment in this research November 8, 2022 to November 10, 2022 is as follows :

**Table 1**  
*Systematics of Experiment Implementation*

No	Treatment Materials	Implementation Time	Purpose of Doing	Treatment Methods
1.	Memorizing the Quran Surah Al-Hujurat Verse 12	This experimental research was conducted for 3 days. Researchers provide pre-test and post-test using self-control scales	Aims to improve the self-control of students	All subjects are given the treatment of memorizing the Quran and hadith housed in RTQ Al-Mukmin
2.	Memorizing a Hadith themed "Don't Hurt Each Other"	This experimental research was conducted for 3 days. Researchers provide pre-test and post-test using self-control scales	Aims to Improve the self-dick of students	All subjects are given the treatment of memorizing the Quran and hadith housed in RTQ Al-Mukmin

**Validity And Reliability Test**

Validity is one of the conditions of a good instrument. If an instrument has a high validity then the instrument is good or valid, but if the validity value is low then the instrument is less . Validity coefficients whose value is above 0.05 are considered valid. If the validity value is less than 0.30 then the data is considered less valid. Because cronbach says if the coefficient of validity said is valid it is between 0.30 to 0.05. On the scale we use the validity coefficient obtained is 0.30, the aitem we use is considered to be valid enough and there is no need to eliminate the aitem.

Reliability is also one of the conditions of a good instrument. Reality is a situation where the instrument is said to be reliable to measure what the researcher wants to measure because the instrument is said to be good. Instruments that although they have been used several times but still obtain the same data, the instrument is said to be reliable. The instrument must have a very high coefficient of reliability until it can reach a value of 0.900. On the scale we use it has 30 aitems for pretest and posttest. For the value of the pretest reliability coefficient it is 0.835 and the reliability coefficient for the posttest is 0.853. Both pretest and posttest coefficients are considered reliable.

## Categorization

**Table 2**  
*The Results Of The Description Of The Research Data*

Xmin	29
Xmax	116
Range	87
Mean	72,5
Standard Deviation	14,5

After obtaining the results of the description of the research data, then the data is then categorized from the score of the variables in each subject studied. The formula for calculating interval distances with 5 categories is as follows:

**Table 3**  
*Interval Distance Calculation Formula*

Category	Interval
Very Low	$X < M - 1.5 SD$
Low	$M - 1.5 SD < X \leq M - 0.5SD$
Keep	$M - 0.5SD < X \leq M + 0.5SD$
Tall	$M + 0.5SD < X \leq M + 1.5SD$
Very high	$M + 1.5SD < X$

In order to be able to know the description of the effect of self-control, a calculation is carried out that originates from the normal distribution which is obtained from the mean value and the standard deviation value so that the results are then grouped into 5 categories, namely very low, low, medium, high and very high. These results can be seen from the following table:

**Table 4**  
*Pretest Data Categorization*

Category	Criterion	Frequency
Very low	$X \leq 50.75$	0
Low	$50.75 < X \leq 65.25$	3
Keep	$65.25 < X \leq 79.75$	25
Tall	$79.75 < X \leq 94.25$	2
Very high	$94.25 < X$	0
<b>Total</b>		30

**Table 5**  
*Posttest Data Categorization*

Category	Criterion	Frequency
Very low	$X \leq 50.75$	0
Low	$50.75 < X \leq 65.25$	3
Keep	$65.25 < X \leq 79.75$	23
Tall	$79.75 < X \leq 94.25$	4
Very high	$94.25 < X$	0
<b>Total</b>		30

From the table it can be seen that the description of memorizing the Qur'an on adolescent self-control in RQT Al-Mukmin from the start of the pretest and posttest showed that the average subject was in the medium category and there were no subjects who were in the very low and very low categories. tall. It can be seen that there was a slight increase from the high category in the pretest, namely as many as 2 subjects, which then increased in the posttest to 4 people.

**Hypothesis Test**

**Table 6**  
*Group Statistics*

	Y	N	Mean	Std. Deviation	Std. Error Mean
Self-Control	Pre-test	30	72.0667	5.39434	.98487
Results	Posttest	30	69.0000	4.16057	.75961

After the mean and median values were compared between the pretest and posttest, it was seen that there was an increase in the experimental group. This means that after being given treatment there is an increase in self-control in students at RQT Al-Mukmin.

**Table 7**  
*Independent Samples Test*

		Df	One-Sided p	Two-Sided p
Self-Control Results	Equal variances assumed	58	.008	.017
	Equal variances not assumed	54.485	.008	.017

When viewed from the results of data processing through SPSS using independent sample t-test analysis, the value obtained is quite significant, which is 0.017.  $H_0$  is rejected if a significant value  $< \alpha$ , a value of  $\alpha = 0.05$ . Due to the significant value obtained by  $< \alpha$  or  $0.017 < 0.05$ , then  $H_0$  was rejected and  $H_a$  was accepted. This shows that memorizing the Qur'an has a significant influence in improving self-control with a significant value of 0.017.

The researchers obtained some data on the self-control of the students, namely: First, regarding behavioral control, there was a change in the students who initially often disturbed, mocked their friends, and often too late after memorizing and understanding the meaning of the surah and hadith began to reduce the behavior. If they accidentally do it they immediately say istighfar because they realize it's not good. Second, regarding cognitive control, students who initially easily think negatively or accuse their friends have begun to restrict themselves from doing so. Third, regarding control in decision making, students who initially always rely on other people's thoughts, always rely on their parents to choose something, and students who are afraid to express their opinions to their parents become more open. They become more courageous to think about their wishes and make a decision for themselves and voice their opinions.

From the data that has been obtained, it can be said that the program of memorizing Al-Qur'an by providing a verse and hadith regarding self-control to be memorized has a significant influence on the self-control of the students in RQT Al- Mukmin. From the results of this study, it can be said that Al-Qur'an memorization program can be one of the methods of improving self-control.

## Conclusion

This research has proven that memorizing Al-Qur'an has an influence on self-control in adolescents in RQT Al-Mukmin. In early adolescence in RQT Al-Mukmin it was quite difficult to control themselves in more positive terms after memorizing Quranic verses their level of self-control became more. This happens because in memorizing Al-Qur'an which is done repeatedly but also experiences cognitive reconstruction of the verses of Al-Qur'an that are read, memorized, and understood their meaning and interpretation so that they have a proper understanding in assessing problems and get insight from the meaning of the content of Al-Qur'an. Based on the results of data analysis and discussion, it can be concluded that memorizing verses from Al-Qur'an affects self-control in adolescents in RQT Al-Mukmin.

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