

THE EFFECT OF MURATTAL ALQURAN ON STUDENT CONCENTRATION

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ARTICLE INFO

Article History

Submission: June 15, 2023

Review: June 16 – June 27, 2023

Revised: June 30, 2023

Accepted: June 30, 2023

Published: June 30, 2023

Keywords

Murattal Al-Qur'an

Student

Concentration

ABSTRACT

This study aims to prove the effect of playing murattal Al-Quran on increasing concentration. The research subjects were female students of the Faculty of Psychology, Raden Fatah State Islamic University Palembang with the criteria of being 19-21 years old with 30 subjects. This study used a pretest-post-test control group design. The research instrument uses the Digit Span test. Data analysis was carried out quantitatively using the statistical test T test. In the experimental group, the results of the test data showed that the average concentration score before receiving treatment was 6.20, the average score after receiving treatment was 7.93. Whereas in the control group, the average score before treatment was 6.33, for the result after treatment was 7.27. From the data obtained, there is a difference in the average score of the experimental group and the control group. This proves that there is an influence on listening to murattal Al-Qur'an on increasing concentration.

Introduction

Concentration (is concentration of attention, mind and soul and physical in a concentration is an essential part of human life. Concentration relates to the efforts of the individual to focus attention on an object so that the individual can understand the object. Divided attention arises because the mind in understanding the problem is competing and breaking attention. Individual attention is impaired when the individual cannot concentrate. This can cause an individual to lack understanding of a single object in its entirety. The events can only occur because of a long term pontential (LTP) and long term conservative (LTD) process. LTP and LTD process is a process of associatoo neurons found in the brain. The neurons present in the human cortex will also be in constant contact and compete. Those neurons telling each other to help and strengthen their synaptic process. Competitive neurons, on the other hand, weaken one another.

Concentration is one of the factors that is believed to bring success in attaining learning (Nuryana, 2010). Individuals who are having difficulty concentrating will disrupt the process in learning. This makes the individual will take much longer to capture a needed information (QURRATUL AINI, 2012).

Individuals with problems in concentration are made up of individual tension and anxiety both muscle and mental tension occurring during the learning process. This can cause stress and discomfort in processing the information. Goldfried and Davidson (dalam QURRATUL AINI, 2012) It states that relaxation is one of the techniques in behavioral therapy intended to reduce fatigue and anxiety. Individuals affected by shock and anxiety will make the sympathetic nervous system active, whereas when individuals relax the para-sympathetic system will suppress stress and anxiety by resizing, thus setting off counter conditioning and deprivation (Prawitasari, 1988).

Dr. Al Qadhi (Syajir, 2014), Through his extended and serious research at the large clinic in the United States of Florida, have been able to prove that by listening to the Qur'an, whether or not those who can speak Arabic, can feel enormous psychological changes. The decline of sadness, depression, mortality of the soul, and the resistance to a wide range of illnesses are common effects felt by those who become objects in his research. Its study is supported by the aid of new electronic devices to depress blood pressure, heart rate, muscle endurance, and skin resistance to electricity. Based on the results of the trials it conducted, it was concluded that reading the Qur'an had a large impact of 97% could bring about the soundness of the soul and the healing of various diseases.

Research Dr. Al Qadhi is also strengthened by other studies conducted by different doctors. In a report submitted at the North American Islamic Medical Conference in 1984, it was stated that the Al-Qur'an was proven to be able to bring calm to 97% of those who listen to it. The conclusions from the trial results were further strengthened by research conducted by Muhammad Salim which was published in Boston. The object of his research was 5 volunteers consisting of 3 men and 2 women. The five volunteers did not understand Arabic at all and they were not told that what they would be listening to was the Koran.

The research, which was conducted 210 times, was divided into two sessions, namely the first session reading the Qur'an with tartil and reading Arabic that is not from the Al-Qur'an. The conclusion is that respondents get up to 65% calm when listening to Al-Qur'an recitation and only 35% get calm when listening to Arabic instead of Al-Qur'an (Syakir, 2014). This is in accordance with the word of Allah, "And when the Qur'an is recited, then listen to it carefully, and pay attention to it quietly so that you will receive mercy (QS. Al-A'RAF: 204) .

By decreasing the anxiety and tension experienced by a person, it is hoped that one's concentration will increase. This study aims to determine how much influence listening to the Qur'an has on increasing concentration abilities. The hypothesis is that there are differences in the ability to concentrate between individuals before listening to the murattal Al-Qur'an and after listening to the murattal Al-Qur'an.

Method

Research variable

The independent variable is Murattal Al Quran. Meanwhile, the dependent variable is concentration ability.

Operational definition

Murottal Al Quran is the reading of the holy verses of the Koran which is read by a qori using good and correct tajwid (very julianto, dkk.2014). In this experiment murottal was heard using 15 verses of the Asy-Syams surah.

Concentration is the ability of individuals to focus their attention on an object with the aim of remembering something well (very julianto, dkk.2014).

Research subject

Researchers took 30 research subjects with the following criteria:

1. Psychology students class of 2020, especially class pi 2
2. With a vulnerable age of 19-21 years
3. With a total of 30 people and all women

Research Instruments

This study used a measuring instrument span forward and backward digit test, span forward digits totaling 10 questions and span backward digits totaling 10 questions given to 30 subjects.

Research design

The research design uses a quasi-experimental research type Pretest-Posttest Control Group Design. The Pretest-Posttest Control Group Design was used to test the effect of a treatment on the dependent variable.

Research procedure

There were 30 research subjects divided into two groups, namely the experimental group and the control group. The experimental group was given murrothal, while the control group was not given any stimulus. The pretest was given to each group separately. The span forward digit test is given 10 trials by means of which the researcher will read out the numbers and then the respondent is asked to repeat the numbers that have been spoken by the researcher. Then the span backward digit test is given up to 10 tries. The same as before, the difference is in the digit span backward test, the numbers that the respondent has to say are reversed from those that have been said by the researcher.

Results and Discussion

Analysis

Data were collected and analyzed quantitatively using the statistical t test. The t-test or t-test is a statistical test to test the truth of the hypothesis proposed by researchers in differentiating the averages of the two populations.

Results

Table 1. Experimental Group Research Results

NO	PreTest	PostTest
1	7	9
2	6	8
3	8	8
4	5	10
5	5	9
6	5	9
7	4	6
8	8	8
9	5	8
10	5	6
11	9	9
12	6	6
13	5	5
14	7	8
15	8	10

Table 2. Results of Control Group Research

NO	PreTest	PostTest
1	6	6
2	6	7
3	6	7
4	6	9
5	6	8
6	3	6
7	8	8
8	7	6
9	8	8
10	6	7
11	7	8
12	7	8
13	8	7
14	6	7
15	5	7

The points listed in the results of experimental and control studies are the results of the span forward digit test and the span backward digits which have been summed from the

Wechsler Intelligence Scale subtest. Where the points obtained are the final result of the number of steps that can be memorized by the research subject.

Descriptive Analysis

Table 3. Intermediate Pretest and Posttest Values
 Experiment Group And Control Group
Descriptive Statistics

	N	Minimu m	Maximu m	Mean	Std. Deviation
PreTest Eksperimen	15	4	9	6.20	1.521
PostTest Eksperimen	15	5	10	7.93	1.534
PreTest Kontrol	15	3	8	6.33	1.291
PostTest Kontrol	15	6	9	7.27	.884
Valid N (listwise)	15				



Figure 1. Results Graph

From the table it is known that the average pretest for the experimental group is 6.20, while the posttest for the experimental group is 7.93, which means that the average between the pretests of the experimental group is smaller than the average posttest for the experimental group, this proves that after being given treatment listening to murottal, giving effect to increased concentration. With a significant difference between the PreTest and PostTest, namely by increasing the PostTest results by 0.0173%.

The control group's pretest average was 6.33, while the control group's posttest average was 7.27, which means that the concentration level has increased again after repeated testing. Where in the control group the concentration level increased by 0.0094%.

Normality test

The normality test aims to determine whether the data is normally distributed or not. in managing the results of the analysis assisted by SPSS (Statistical Program for Social Science) version 25 for windows:

Table 4. Normality test values

	Tests of Normality		
	Statistic	Shapiro-Wilk df	Sig.
PreTest Eksperimen	.890	15	.066
PostTest Eksperimen	.896	15	.083
PreTest Kontrol	.859	15	.023
PostTest Kontrol	.888	15	.063

a. Lilliefors Significance Correction

The SPSS test results show that the data is normally distributed because it exceeds 0.05

Homogeneity Test

This homogeneity test aims to determine the variance between groups. in managing the results of the analysis assisted by SPSS (Statistical Program for Social Science) version 25 for windows:

A. Pretest Experimental and Control Homogeneity Test Results

Table 5. Homogeneity test values

		Test of Homogeneity of Variance			
		Levene Statistic	df1	df2	Sig.
Hasil Uji Test	Based on Mean	1.716	1	28	.201
	Based on Median	1.482	1	28	.234
	Based on Median and with adjusted df	1.482	1	26.798	.234
	Based on trimmed mean	1.503	1	28	.230

B. Posttest Experimental and Control Homogeneity Test Results

Table 6. Homogeneity test values
Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
Hasil Uji Test	Based on Mean	2.633	1	28	.116
	Based on Median	2.399	1	28	.133
	Based on Median and with adjusted df	2.399	1	23.449	.135
	Based on trimmed mean	2.296	1	28	.141

The SPSS test results show that the data is normally distributed because it exceeds 0.05

Hypothesis testing

Before testing the hypothesis, first test the average similarity of the two groups, namely:

- a. Test the similarity of the pretest mean of the control group and the experimental group using the t-test statistic. Statistical hypotheses: $H_0: \mu_{ek1} = \mu_{kt1}$ and $H_1: \mu_{ek1} \neq \mu_{kt1}$. For acceptance of the null hypothesis, use the criteria for accepting H_0 if $-t_{1-\frac{1}{2} \alpha} < dk < t_{1-\frac{1}{2} \alpha}$; dk, where $dk = (n_1+n_2-2)$ and $\alpha = 0.05$.
- b. Test the similarity of the posttest mean of the control group and the experimental group using the t-test statistic

Statistical hypotheses: $H_0: \mu_{ek2} = \mu_{kt2}$ and $H_1: \mu_{ek2} \neq \mu_{kt2}$. For acceptance of the null hypothesis, use the criteria for accepting H_0 if $-t_{1-\frac{1}{2} \alpha} < dk < t_{1-\frac{1}{2} \alpha}$; dk, where $dk = (n_1+n_2-2)$ and $\alpha = 0.05$.

Statistical hypotheses: $H_0: \mu_{ek2} = \mu_{kt2}$ and $H_1: \mu_{ek2} \neq \mu_{kt2}$. For acceptance of the null hypothesis, use the criteria for accepting H_0 if $-t_{1-\frac{1}{2} \alpha} < dk < t_{1-\frac{1}{2} \alpha}$; dk, where $dk = (n_1+n_2-2)$ and $\alpha = 0.05$.

A. Pretest Experiment & Control Hypothesis test results

Table 7. Hypothesis test values
Independent Samples Test

Levene's Test for Equality of Variances		t-test for Equality of Means					
F	Sig.	t	df	Sig. (2- tailed)	Mean Difference	Std. Error	95% Confidence Interval of the Difference

								Difference	Lower	Upper
Hasil Uji Test	Equal variances assumed	1.716	.201	-	28	.798	-.133	.515	-1.189	.922
	Equal variances not assumed			-	27.278	.798	-.133	.515	-1.190	.923

A. Posttest Experiment & Control Hypothesis test results

Table 8. Hypothesis test values

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Hasil Uji Test	Equal variances assumed	2.633	.116	1.459	28	.156	.667	.457	-.270	1.603

From the data above, the result is that listening to murattal Al-Quran has a significant effect on increasing concentration ability.

Discussion

Testing was carried out with a research instrument in the form of a forward-backward span digit test kit. In the experimental group showed little change after being given treatment. In the control group did not show any changes in the tests performed before and after.

Experiment

The results of tests carried out in the experimental group before being given treatment showed that there were no subjects who met the criteria to pass from 15 subjects. After being given treatment in the form of listening to murattals, the results showed that there were 2 subjects who managed to escape. Based on these results, the existence of subjects who

managed to escape after being given treatment indicated that there was an effect on murattal hearing on increasing the subject's concentration.

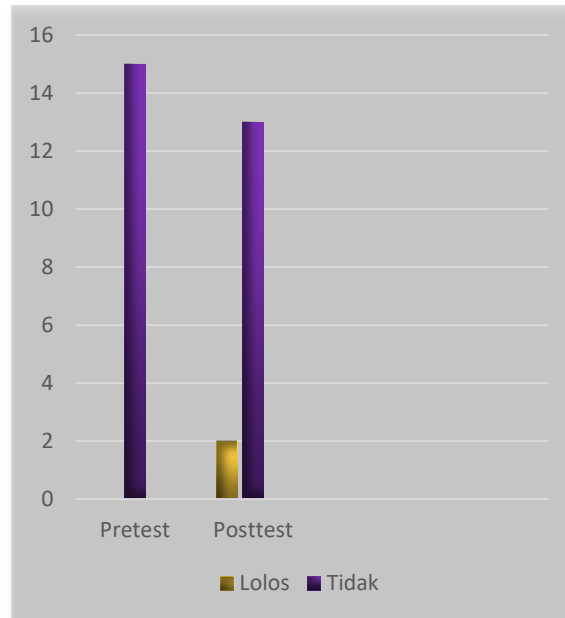


Figure 2. Graph of Experimental Group Results

Control

The test was carried out without giving special treatment to the control group. In the pretest, there were no subjects who managed to meet the passing criteria of the 15 subjects. After the posttest was carried out, the results showed that no subjects passed. Based on these results there was no change in the control group after the pretest and posttest.

Conclusion

This study proves that there is an effect of listening to murattal Al-Qur'an on increasing concentration. Based on the results of the research that has been done, there are differences in the results of group tests before being given treatment, and after being given treatment. In addition, there are significant differences between the experimental group and the control group. This shows that the research conducted proved that there was an increase in concentration in the group that was given the treatment in the form of listening to murattal Al-Qur'an.

This research has the advantage that it succeeded in proving the hypothesis in the form of the effectiveness of listening to murattal Al-Qur'an to increase concentration. The drawbacks of this research are the limitations of the research which only examines one factor without examining other factors that have an influence on increasing concentration.

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