The Impact of Duha Prayer and Al-Ma'surat Reading on Increasing Student Grades

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Abstract: This article explores the impact of dhuha prayer religious activities on increasing student scores at SMP IT Insan Mulia Pati. The religious program carried out in which the Dhuha prayer in congregation and the reading of Al-Ma'surat are also carried out. Regarding the selection of SMP IT Insan Mulia Pati as the object of this research, because at the school it has become a routine activity that must be carried out as a daily education program. This study uses qualitative analysis techniques and data collection. The researcher used a qualitative method of collecting data and analysis by emphasizing the qualitative descriptive method. The purpose of this study (1) is to find out the values that can be contained in the implementation of the religious activities of praying dhuha and reading al ma'surat at SMPIT Insan Mulia, (2) knowing that these religious activities can affect student achievement, (3) knowing that these activities can increase the value of emotional intelligence of students in religious activities of Duha prayer and Al Ma'surat reading, (4) knowing supporting activities other than religious activities Duha prayer and Al Ma'surat reading.

Keywords: Dhuha Prayer, Al-Ma'surat, Value Increase.

Introduction

Duha prayer is a sunnah prayer that can be performed in the morning. The law of the dhuha prayer, namely sunnah muakkad, means sunnah prayers which are recommended to be performed in addition to other sunnah prayers (Anggraini & Anwar, 2021). Duha prayer has many virtues, one of which is explained in the following hadith: “Rasulullah SAW. said: "Whoever can practice the Duha Prayer consistently, his sins will be forgiven by Allah, even if the sins are as many as foam in the sea." (Sunan Turmudzi).

Researchers examined the religious program of Duha prayer and reading of Al-Ma'surat. The location of research was conducted at SMPIT Insan Mulia Pati, where there were Duha prayers in the congregation by students. This activity is carried out every Monday to Saturday before learning begins. The implementation time is around
They performed Duha prayer and read Al Ma'surat in each class guided by the homeroom teacher. Through the habituation of Duha prayer, it is hoped that students will become better individuals and more pious to their God. In addition, this can discipline students to pray. Because in this habituation, students must be obedient in worship. If this is done regularly, students are used to praying on time; forming discipline in students takes work. Forming this discipline needs to be instilled early on and done consistently. Parents need to equip good habits, especially the habit of praying from an early age, after which the teacher continues to guide the morals of students at school.

By holding the Dhuha prayer program and reading al-ma'surat, it is hoped that students can have religious behaviour, good morals, and discipline in carrying out Duha prayers. Not only that, it is hoped that students will also be obedient and disciplined in carrying out the five daily prayers so that it becomes a remembered habit. However, based on the description above, many things have yet to be implemented, such as students who do not properly participate in these religious activities or deliberately avoid coming to school late. It all depends on the character of each student. Therefore, in forming character from an early age it is necessary to increase discipline, especially in matters of worship. Parents and teachers can help by paying attention to social interactions and managing students' time by limiting the use of social media and other associations that affect student achievement.

Based on what has been explained previously, it can guide researchers to find out the impact of the religious activities of Duha prayer on increasing student scores at SMP IT Insan Mulia Pati. The Dhuha prayer program, which is carried out, is routinely carried out in which Al-Ma'surat reading activities are also carried out.

Method

This study used qualitative analysis techniques and data collection. Researchers used a qualitative method with technical data collection and analysis emphasising qualitative descriptive methods. The researcher chose SMP IT Insan Mulia Pati as the object of research because the school carries out a religious activity program with Dhuha prayers every morning, which are routinely carried out simultaneously by all residents of the SMP IT Insan Mulia Pati.

In this study, researchers used observational techniques related to the relationship between the habituation of the Dhuha prayer program and reading al ma'surat with student morals, the impact of the program at SMP IT Insan Mulia Pati and interviews with homeroom teachers for classes 7a, 8b, 9a, and 9b about activities,
attitudes and perceptions related to duha prayer and al-ma'surat reading as well as documentation when the program was implemented as well as interviews with homeroom teachers, headmaster, and vice headmaster. With the Qualitative Descriptive method, it explains in detail about the Dhuha prayer and al-Ma'surat reading that occurs in SMP IT Insan Mulia Pati students who are the subject of the study so that in detail the phenomenon regarding the Dhuha Prayer and Al-Ma'surat reading.

Result and Discussion

The Concept of the Value of Implementing Dhuha Prayers and Reading Al-Ma'surat

Dhuha sunnah prayer is a sunnah prayer that has many features. In general, performing the Dhuha prayer is one way to ask forgiveness from Allah SWT, seek peace in life and ask for sustenance to be bestowed (Zaman, 2017).

Duha prayer is held at a special time. This confirms that every sunnah prayer has special times with their own virtues. Based on information and hadiths, the time for performing the Dhuha prayer is in the morning when the position of the sun has risen by about a third (Sapitri, 2020).

The role of parents or guardians of students is crucial to achieving the quality of learning Islamic religious education at school and at home (Ikhwan, 2021). Because parents or guardians of students are quite dominant factors and can move students towards learning effectiveness. In addition, the teacher’s role is the same in motivating students at school to form quality and quality student souls (Maryani, 2020).

Duha prayer as the formation of student character is the time of its implementation when humans are preoccupied with worldly activities and the wisdom contained therein (Yudabangsa, 2020). Efforts to build character take a long time and must be done continuously. In character education in schools, all elements in schools must be involved. Elements of education include curriculum, learning and assessment processes, handling or management of subjects, school management, infrastructure and various school activities, not forgetting all school members' work ethic (Ikhwan, 2019);(Rohim, 2020).

The value contained in the implementation of Dhuha prayer activities is to get used to and be disciplined in carrying out Duha prayer and dhikr al ma'tsurat. The five daily prayers require habituation which must be taught to children by introducing it
through habituation taught by both parents and teachers at school. Instilling discipline for students in carrying out the five daily prayers is not easy. Efforts are needed to discipline them in performing the five daily prayers. Apart from parental intervention, the world of education also participates in instilling discipline in children (Endahwati, 2021); (Saputri et al., 2022).

"One of the religious activities at SMPIT Insan Mulia Pati is getting used to praying Dhuha and reading Al Ma'surat. By holding the Dhuha prayer program, students are more disciplined in prayer, including performing obligatory prayers five times a day. Instilling a disciplined attitude in elementary school-age children, especially in worship, apart from making it easier for students to advise and istiqomah. In addition to making students disciplined. This Dhuha prayer activity makes it easier for students to advise because they know that they need to be on time in carrying out their worship, especially those that include obligatory prayer activities." Based on interviews with the homeroom teacher of grade 8 B Ustadz Solichin, S.Pd.

Other factors that shape this religious activity are cooperation in congregational prayers, enthusiasm for congregational worship, and creating solemnity in worship, both sunnah prayers and reading Al- ma'tsurat. This instils the habit of performing Dhuha prayers following the values of worship. The teacher brings this value of worship so that students are always obedient in carrying out worship, especially carrying out the obligatory prayer, which is complemented by carrying out the Dhuha prayer as a sunnah prayer. The teacher always gives advice, direction and guidance to his students and always supervise students on how to carry out Duha prayers properly (Saputra & Hilmiati, 2020).

The Influence of Dhuha and Al Ma'surat Prayers on Student Achievement

Getting used to praying Dhuha to students every day on a regular basis is an example of good habituation to instil discipline in students. This habit also trains students to be disciplined in praying. At first glance, dhuha prayer and discipline seem to have nothing to do with it. However, without realizing it, carrying out Duha prayers on a regular basis can make students calmer and fortify them from committing violations. The dhuha prayer can teach practitioners to learn time discipline and can train students to allocate time (Soraya & Aisya, 2020). The inculcation of discipline can be done through good habituation and an excellent example from the teacher. Habituation is a way that can be done to form character in children, one of which is through the habit of Dhuha prayer (Salamawati et al., 2021). Another influence that appears in the religious activities of Duha prayer is to familiarize and discipline students to perform Duha prayer. Their
emotions can be controlled and will have an impact on student learning or study habits, so that with independent study habits will be able to improve student learning achievement. People who are consistent in praying Dhuha have more spiritual values than those who don't, and their morals are also better (Mulyani & Hunainah, 2021).

Getting used to Duha prayer at school is one that can support the formation of commendable morals in children. Carrying out the dhuha prayer, educators always give an example to students starting from ablution, prayer movements to the readings contained in the dhuha prayer (Nurani, 2019);(Nurani & Siwiyanti, 2020). The problem of getting used to praying dhuha in fostering student morals is unresolved in line with the complexity of environmental change, both in terms of planning, implementation and assessment (Majid, 2021).

With scheduled morning assembly activities every day, it is very influential for the readiness of students to receive lessons so that students learn based on the blessing of Allah SWT. If we put Allah first, then Allah will make our world affairs easier. That is the principle of the rukhiyah agenda at SMP IT Insan Mulia Pati," said the class 9A homeroom teacher ustadzah Dwi Wahyuningtyas, S.Pd.

Dhuha prayer activities and reading Al-Ma'surat are also very influential because students' mentality can be more focused because the primacy of Al-Ma'surat remembrance can educate the brain and make students more able to concentrate and focus. A verse of the Qur'an and hadith recommends that you always dhikr in the morning and evening. Second, believe that you will get good values because you get used to them. Third,

in some cases reading dzikir Al-Ma'surat helps students make it easier to memorize the Qur'an. Because the reception received by students made them continue to get used to dhikr al-matsurat at home (Asnajib, 2020). Dhikr Al Ma'surat means for every believer and Muslim to strengthen his heart and maintain the stability of the soul for everyone who reads it. The benefits of reading Al-Ma'surat include:

1. Enough for all the needs of the world. In Al-Ma'surat there are letters Al-Falaaq and An-Nass. If read morning and evening, Allah will always provide all needs in the world.
2. Get the pleasure of Allah. Allah will give pleasure to every creature who recites "Rodhitu Bilahi Robba.." for all the work they do.
3. Avoid danger. The Prophet said: "If a Muslim reads 'Bismillahiladzi laa yadhurru...' three times in the morning and
evening, then Allah will protect him from all the dangers that come (HR. Tirmidhi).

4. Perfected favors. For those who read 'Allahumma inni ashbahtu minka fii ni'matin' in the morning and evening three times, Allah SWT will perfect both physical and spiritual favors.

**Increasing the Value of Students' Emotional Intelligence in Dhuha Prayer Activities and Reading Al Ma'surat**

The Dhuha prayer program and reading al-ma'surat which is carried out at SMP IT Insan Mulia Pati, can improve academic intelligence and student character. With this intelligence, students can solve several problems related to the value of life that will be passed on later. The more often you carry out these religious activities, Allah will always help you in all your affairs, including matters of academic grades and student character values. Indeed, if we are close to Allah, our desires will also be blessed. Meanwhile, maximum remembrance has many benefits for humans, including finding peace of mind by remembering God more and surrendering their needs wholeheartedly to the Creator. The benefits of remembrance related to one's physical and psychological health conditions include eliminating anxiety, anxiety, difficulties, and depression so that it can bring calm, peace, happiness, and spaciousness (Janah, 2017).

Character is not innate, cannot be inherited, and cannot be made immediately, but the character must be formed through a process that is developed, built consciously and earnestly, and accustomed to in everyday life. Character is essential, especially character in terms of discipline in worship. The problem today is that there are still many students who pay less attention to discipline in worship such as being negligent in praying. This means that students pay less attention and manage less time (Rahmat, 2020).

Students are taught to prioritize obligatory worship and sunnah before starting world affairs. However, both of them are equally important. The first is by starting the Dhuha Prayer and reading Alma'tsurat. Students can prepare themselves (focus) to receive the lessons given by the ustaz/ustazah. They even formed strong characters with a strong mentality. Because if matters of the afterlife are prioritized, then world affairs will be facilitated," said Ustadzah Eli Kusuma, S.Pd as the homeroom teacher for class 7A.

If the Dhuha prayer stops the activity, it will not interfere with the activities being carried out before. This will increase the sense of trust and surrender to Allah SWT. So that in Duha prayer activities, you are kept away from feelings of anger, disappointment and something that doesn't go according to plan. Duha prayer can train emotional intelligence and spiritual intelligence. Dhuha prayer is known as a
The habit of Dhuha prayer can provide intelligence in students' emotions because by carrying out these religious activities, students are guilty of becoming human beings who are sincere, humble and have a commitment that is manifested in the recitation of prayers repeatedly. For this reason, students are encouraged to perform the Dhuha prayer so that they can face life's challenges calmly because they can feel that Allah SWT is beside them. This can add to moral religion, which means values or norms that are used as a guideline for a person or group of people who regulate behaviour in life that is based on beliefs or religion that is adhered to whether it is met with God or with fellow human beings (Ubabudin, 2018).

Carrying out Duha prayer can overcome emotions, especially if it is routinely done every day. The body and soul feel lighter in carrying out daily activities. It is proven that Dhuha prayer can provide peace of mind and heart and control uncontrollable emotions. Moral matters, including prayer, measure a person's whole faith because someone who prays with the true meaning will be effective in realizing tanha 'anil fakhsya'i wal munkar' in which a peaceful, safe and harmonious society will be created. An indication that morals can be learned with the habituation method, even though at first the students refuse or are forced to do an act of good morals, but after practising it for a long time, continuously getting used to it finally the child gets noble character (Fatiha, 2019). Efforts to instil discipline in prayer education are inseparable from the motivation of a teacher to his students, namely the efforts of a teacher in guiding students from an early age to be diligent, passionate and orderly to pray sincerely to Allah SWT throughout his life (Latifah, 2020).

Supporting Activities Other Than Religious Activities Duha Prayer and Al Ma'surat Reading

The Dhuha prayer, which is held at SMPIT Insan Mulia Pati is required for all students. Dhuha prayer is held every day during active school days, Monday to Saturday from 07.00-07.40 WIB. Students are required to study themselves in carrying out Duha prayers to form a habit of performing sunnah prayers which are carried out on an ongoing basis. Not only Duha prayer, but SMPIT Insan Mulia Pati also has other religious activities that support students' morals apart from Duha prayer and reading Al-Ma'surat.

"Supporting activities apart from Dhuha prayer and reading Al-Ma'surat are congregational prayers, tadarus, memorizing the hadiths of arbain, tausiah, murajaah, reading Asmaul Husna, fasting on Mondays and Thursdays, mentoring, Mabit (night of taqwa..."
Congregational prayers are interpreted as prayers performed by several students and the ustadz/ustadzah together. Some students usually become priests or take turns with the ustadz, while others become makmum. Usually, who becomes a priest is determined by attendance so that all can experience being a priest. Apart from congregational prayers, SMPIT Insan Mulia Pati also has tadarus activities. These activities are also carried out together before carrying out obligatory congregational prayers. This tadarus is done by listening alternately with other students. If there is a tajwid that is not correct, the student who is listening to his friend will tell him. One of the virtues of reading the Qur’an as the words of the Prophet gave intercession when the Day of Resurrection arrived. The Qur’an can be a witness in front of Allah when we live in the world. Of course, it can be a helper so that we are free from torment if we often read, study, examine and study the Qur’an.

Conclusion

Based on the results of the discussion on the topic of the impact of religious activities of the Dhuha prayer and the recitation of the Al-Ma’tul letter on increasing student scores at SMP IT Insan Mulia Pati, it can be concluded as follows: This teaches the habit of practising Duha prayer following the value of worship. The teacher carries the value of this worship so that students are always obedient in carrying out worship, especially carrying out obligatory prayers, which are complemented by carrying out Duha prayers as sunnah prayers. Getting used to Duha prayer for students every day on a regular basis is one example of good habituation to instil discipline in students. This habituation also trains students to be disciplined in praying.

The habit of Dhuha prayer can provide emotional intelligence to students because in the implementation of this religious activity, students are triggered to become human beings who are sincere, humble and have a commitment that is manifested in reciting prayers repeatedly. Supporting Activities Apart from Religious Activities Duha prayer and reading of Al Ma’surat. Supporting activities apart from Dhuha prayer and reading Al Ma’surat are congregational prayers, tadarus, memorizing the hadiths of arbain, tausiah, murajaah, reading Asmaul Husna, fasting on Mondays and Thursdays, mentoring, Mabit (night of taqwa formation), infaq, KBM recitations tahfidz, usbu’ruhi. I which includes mutabaah yaumiyah, every KBM is included in the Islamic aspect.
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