

Manifestation of Mujahadah on the Cultivation of Emotional Intelligence of Santri Ponpes Nurul Falah Temanggung

Ahmad Sodikin ^{a,1,*}, Husnul Haq ^{b,2}

^aInstitut Islam Nahdlatul Ulama Temanggung, Indonesia; ^b Al-Azhar University, Cairo, Egypt

¹ sodikina178@gmail.com; ² husnulbojonegoro@gmail.com

* Correspondent Author

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ABSTRACT

Emotional intelligence is one that has a big influence on success in achieving success in the future is that students are able to be embedded in their souls. Emotional intelligence is one of the major influences on success in achieving success in the future is that students are able to be embedded in their souls . The objectives achieved in this study are: 1) To analyse the form of mujahadah activities that can increase emotional intelligence in students at Pondok Pesantren Nurul Falah Bagus Selopampang, 2) To analyse the strategy of instilling emotional intelligence in students at Pondok Pesantren Nurul Falah Bagus Selopampang, 3) To analyse the values of emotional intelligence produced in students at Pondok Pesantren Nurul Falah Bagus Selopampang. This research uses a qualitative method (field research) with a phenomenological approach. Data collection in this research is done by interview, observation, and documentation. The results of the data that have been collected are analysed using analytical techniques from data reduction, data presentation, and conclusion drawing. This research shows that 1) mujahadah activities become a routine agenda at Ponpes Nurul Falah Selopampang which is carried out every day after mahgrib prayer except Friday night, 2) the method of cultivating emotional intelligence that is applied is the Zero Mind Process (ZMP) or the process of cleaning the heart and mind, Mental Building (mental building) which is trying to clear the heart according to its nature, Individual Strength (personal resilience), 3) the resulting values are Santri have good spiritual values, Santri can regulate the mood by not being easily provoked or anger. Santri have the value of empathy and prayer, Santri are able to survive with frustration, Santri have a sense of responsibility. The novelty in this research is the cultivation of emotional intelligence in students so that they can use their intelligence appropriately. And that is certainly very different from the planting process in other educational institutions.

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Introduction

Every human being has inherent intelligence. That intelligence will affect every step in life. One of the ways a person can find their intelligence is through education. (Pratiwi, Baedhowi, and Utomo 2021) Because education is a conscious and planned effort to create a learning atmosphere to develop personal potential (Zakarya, Hafidz,

Martaputu, 2023). Emotional intelligence can be defined as how to regulate, recognise, or manage emotions correctly including how to recognise and manage emotions in others. (Eagle n.d.) This intelligence is no less important than intellectual intelligence in influencing future success.(Utomo 2017).

Mujahadah activities are one of the efforts to instil emotional intelligence so that it can support success in the future (Triana et al., 2023). One of the routines of the Nurul Falah santri is to carry out mujahadah activities every ba'da mahgrib which are carried out together (Rhain et al., 2023). Mujahadah activities will certainly provide benefits for students who routinely carry out mujahadah activities. Therefore, it is so important for us to know that mujahadah has an essence that is quite important if it is carried out seriously and accompanied by the right intention, humans will gain peace and tranquility of the soul, get forgiveness from Allah SWT and the intercession of the Prophet Muhammad SAW, and as a means to get closer to Allah. In achieving the expected essence, mujahadah through dhikr is a means to get closer to Allah SWT in order to feel the benefits and wisdom because on the way to Him dhikr is needed. (Ariadi 2021)

Mujahadah activities, apart from being a routine and practice in this boarding school, have also been carried out by our ancestors, namely kyai, ulama, and heroic figures as a form of riyadhah to train, galvanise themselves to get closer to Allah SWT with a model of dhikr wirid or recitation of shalawat as a form of mujahadah means (Jatmiko Wibisono, Hafidz, Iffat Abdul Ghalib, 2023). Previous research has been conducted in this field more focused on how to instil emotional intelligence of a person's character (Nashihin, 2017) will be intelligent in controlling their emotions (Nurul Umah Fijanati, Hafidz, Sukadi, 2023). The result of developing emotional intelligence with character education is that students can instil character values in themselves such as religious values, honesty, tolerance hard work and others.(Wisudayanti 2020).

This research has novelty or novelty, namely about the manifestation of mujahadah on the cultivation of emotional intelligence carried out at Ponpes Nurul Falah Temanggung. So that a relationship can be found between mujahadah and emotional intelligence and how the two influence each other.

In this study, the theories used to support the analysis and discussion are the theory of the benefits of mujahadah, the method of cultivating emotional intelligence and the characteristics of emotional intelligence (Nikita Nur Zulaecha, Hafidz, Biela Nanda Oktivibi Pertiwi, 2023). First, the theory of the benefits of mujahadah A person who carries out mujahadah will increase the peace of his soul and mind. This is in line with Allah's words: "(i.e.) those who believe and their hearts become calm with the remembrance of Allah. Remember, only with the remembrance of Allah does the heart become tranquil." (Q.S ar-Ra'd: 28)".

Mujahadah can provide blessings from Allah Swt both physically and mentally. However, blessings do not appear suddenly. However, it must be accompanied by seriousness to fight against lust and other seriousness and must be carried out with the intention for the sake of Allah (Husaini Hasan, Hafidz, 2023). A person who mujahadah is like a person who is spiritual therapy himself. Then this leads to calmness and spaciousness of the chest. This is in line with what the scholars say that mujahadah can clean the heart from the crust that covers it. And mujahadah becomes a door for spaciousness or patience. (Ihsan n.d.)

The second is the theory of the method of cultivating emotional intelligence. In his book, Ary Ginanjar Agustian lists several methods that can be used to improve ESQ (Jaelani and Ilham 2019), including:

a. Zero Mind Process (ZMP)

The process of cleansing the heart and mind, which means that humans can have the freedom to choose reactions to everything that happens to them.

b. Mental Building

which is trying to clear the heart according to its nature, besides that in this section we begin to build emotional intelligence (EQ) through the six principles of the pillars of faith.

c. Individual Strength (personal resilience)

is a person who has the following six mental principles: (1) have the basic principle of monotheism, which is based only on Allah (Spiritual Commitment); (2) have the principle of trust, which is the awareness that angels are recording; (Spiritual Integrity), (3) have Leadership Principles, namely: imitating the Prophet and His Messenger (Spiritual Leadership); (4) having the principle of learning (Continuous Improvement); namely: being guided by the Qur'an; and having the principle of order, namely being sincere to the provisions of Allah's qada' and qadar (rules). (5) having the principle of the future, namely believing in the Last Day (Spiritual Vision). (6) having the principle of regularity, which is sincere/ridho to the provisions of Allah's qada' and qadar (rules).

d. Social Strength

This method is implemented through three steps, including shahadat (Mission Statement), prayer (Character Building), and fasting (self-control).

And third, the characteristics of emotional intelligence are having abilities such as the ability to motivate oneself, being able to survive to deal with frustration, being able to control impulses and not exaggerate pleasure, being able to regulate moods, being able to keep the burden of stress from paralysing the ability to think, and to pity and pray. (Ramayulis 2002)

Based on the above, this research formulates the problem as follows, What are the forms of mujahadah activities that can increase emotional intelligence in students at Pondok Pesantren Nurul Falah Bagus Selopampang. How is the method of instilling emotional intelligence in students at Pondok Pesantren Nurul Falah Bagus Selopampang. What are the values of emotional intelligence produced in students at Pondok Pesantren Nurul Falah Bagus Selopampang.

Method

When viewed from the object of research, this research is included in the type of field research (field research) that tries and tries by examining and observing the field (Syaiful Anam, 2023). Researchers choose this type of field research because research on the cultivation of emotional intelligence through mujahadah activities is not enough with a literature review on the implementation of mujahadah in cultivating emotional intelligence alone, but it needs direct research into the field where the research location is carried out or what is known as observation.

While this research method uses qualitative methods, which are research methods that have the intention of knowing the phenomena that occur what is experienced by researchers on research subjects such as motivation, perception, action

and others. This method is used in the presence of an observation, interview, and document review. (Hasan 2002)

This qualitative research is an understanding of the phenomena that occur or of the social symptoms found in the research subjects or also called the community as subjects, namely informants, events or activities, location places consisting of primary and secondary data.

Results and Discussion

Ponpes Nurul Falah Bagus certainly prioritises how they are able to gain as much knowledge as possible so as to create students who have quality and are useful in society (Nashihin, 2019). KH Muhammad Ridwan as the caretaker of Ponpes Nurul Falah once gave a statement that if the students are not yet good and understand the sciences, they do not need to go home first or stop (Triana et al., 2023). This indicates that the caretaker still has great expectations of his students and remains optimistic by always teaching and guiding so as to create quality students. Therefore, the cultivation of emotional intelligence is highly emphasised by sharing strategies that are considered capable of making changes to the character and management of the santri's soul.

1. Forms of Mujahadah Activities

Pesantren Nurul Falah Bagus until now continues to carry out routine yaumiyah santri activities. One of the activities carried out by santri is mujahadah activities which are routinely carried out every ba'da mahgrib except Friday night. (Hikam 2023). This is reinforced by the observations of researchers in the field who found several results of activities before mujahadah, namely:

a. Before starting mujahadah activities

In an activity, of course, you have to prepare carefully so that the activity can run smoothly. One of the activities before the mujahadah activity at Ponpes Nurul Falah is that santri are ensured to wudhu first for those who have cancelled after maghrib prayer, prepare facilities and infrastructure, and santri are ensured to be present.

b. When the mujahadah takes place

When the mujahadah activity takes place, based on the observations of researchers in the field, the santri begin by reciting the readings contained in the book. During the activity, the santri recite the book of mujahadah together. The book for mujahadah is Rotibul a'ttos and Rotibul haddad. The book is a work compiled by Al-imam Al-Arif Billah Al-Allamah Al-Habib Umar bin Abdurrahman al-Attas. (Hikam 2023)

This activity takes place with hikmad and is followed by all students. In reciting the readings of mujahadah, it is guided by the management using a mix. When mujahadah activities take place, students are prohibited from joking or chatting with their friends. This is because it will interfere with the kekhusyu'an of other students during mujahadah.

c. After the mujahadah activity

After the series of mujahadah activities are completed, one of the activities afterwards is a cultum filled by students. (Hikam 2023) Cultum activities are one of the activities that will have a positive impact on students at Nurul Falah Bagus. In delivering the cultum, of course, it is not just the delivery of material or mastery of the material, but in the cultum, of course, you

must have a good mentality that will provide benefits such as being able to convey with relaxation and being able to master the stage.

Therefore, Pesantren Nurul Falah provides an opportunity for santri to train themselves in berkultum so that they are always ready to be deployed to fill events related to public speaking. This is in accordance with the expectations of the pesantren caregiver KH. Muhammad Ridwan that the santri at Pesantren Nurul Falah are educated to be prepared to become Islamic cadres with the Ahlusunnah wal jama'ah belief who are good at any field. (Ridwan 2023)

2. Emotional Intelligence Cultivation Method

Pesantren Nurul Falah Bagus until now has continued to develop from various factors with the hope that later it will become an increasingly advanced pesantren in various fields so that it will be able to produce quality santri (Alfian Nurul Khoirulloh, Hafidz, 2023). This pesantren prioritises quality over quantity. Related to this, the methods taken in instilling emotional intelligence are

a. Zero Mind Process (ZMP)

That is the process of cleansing the heart and mind by means of dhikr to Allah SWT. Santri Nurul Falah carries out mujahadah activities which have the aim of dhikr to Allah and is one of the methods in getting closer to Allah who has the hope of getting blessings in his life. (Ridwan 2023)

Mujahadah activities are a form of dhikr to Allah in which students recite dhikr readings to remember Allah. A person who carries out mujahadah will increase the peace of his soul and mind.

"(i.e.) those who believe and their hearts become tranquil with the remembrance of Allah. Remember, it is only in the remembrance of Allah that the heart is at rest." (Q.S ar-Ra'd: 28)".

In a hadith narrated by Abu Musa r.a that Rasullulah once said:

"The example of the one who remembers Allah and the one who does not, is like a living and dead person." (HR. Bukhari).

From the hadith confirms that the heart of someone who is always adorned with dhikr to Allah will always be alive. A heart that is never separated from dhikr and mentioning the asma of Allah will make a person have enthusiasm, passion in living life. Someone who has a living heart will be able to give birth to the spirit to work, do useful things, and be able to give birth to creativity. Meanwhile, a heart that never dhikr to Allah will be dry and cause anxiety, unrest and make someone not think clearly.

b. Mental Building

The management of Ponpes Nurul Falah applies this method by motivating students in carrying out mujahadah. The motivation given is motivation in mujahadah activities intended as a means of dhikr to Allah, worship to Allah, and hope that this mujahadah will get blessings in his life. This is the importance of motivation to students to motivate students to straighten out their intentions in carrying out mujahadah. So that the amaliah they do is not in vain because it is accompanied by the right intention.

In addition to motivating, in the mujahadah activity a cultum is held after the mujahadah event. The cultum carried out at Ponpes Nurul Falah is carried out in rotation according to the schedule. This activity is a very important activity that with the habituation of the cultum in front of his friends

will train a good mentality so that he understands that the cultum activity is a means of training a very useful mentality in the future.

c. Individual Strength (personal resilience)

The mujahadah activity is a routine activity at Ponpes Nurul Falah Bagusani with the aim of dhikr and getting closer to Allah Swt. This is the basis that as a servant of Allah must ask for everything he wants only to Allah Swt. In addition, students are given an understanding that mujahadah activities are activities that will get rewards because in mujahadah is to recite the sentence of dhikr. This is instilled in students so that students understand the meaning and purpose of mujahadah itself. Dhikr or mujahadah does have a meaning to remember Allah Swt so that you feel closer to Allah Swt. so that your heart and mind become calm. (Hikam 2023)

3. Values of emotional intelligence

From the method of cultivating emotional intelligence in Ponpes Nurul Falah, it produces emotional intelligence values such as:

a. Have spiritual value

From the methods that have been carried out as well as possible by the caregivers and administrators, the students have a spiritual value that can be said to be good or there is an increase, especially in the problem of carrying out the obligations that students can perform five daily prayers, and students are able to adjust by wearing neat and clean clothes when praying in the mosque. In addition, students are also able to carry out memorising sets in an orderly manner, routinely reading the Qur'an after ba'da shubuh.

b. Students can regulate moods

Anger is one of the moods that is not in the best state. So the command of Rasullulah as in the following hadith:

عَنْ أَبِي هُرَيْرَةَ، رَضِيَ اللَّهُ عَنْهُ، عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، قَالَ: "لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ، وَلَكِنَّ الشَّدِيدَ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ"

Meaning:

"A strong man is not a wrestling champion, but a strong man is one who can restrain himself when he is angry" (Hadith of the Prophet Muhammad SAW explained by Abu Hurairah R.A).

The Nurul Falah students in this case are not easy to be provoked or easily angry which leads to disputes. This indicates that the students have been able to regulate their emotions well which can be beneficial to the soul of students who are able to patiently withstand anger.

Conclusion

The form of mujahadah activities that can increase emotional intelligence in students at Pondok Pesantren Nurul Falah Bagusani Selopampang. mujahadah activities have a division of what is carried out both before starting the activity, when the activity takes place, and after the mujahadah activity. Before Mujahadah, students take ablution first, prepare facilities and infrastructure, and all students are ensured to be present and gather. During the implementation of mujahadah, students read the book Rotibul a'ttos and Rotibul haddad. The book is a work compiled by Al-imam Al-Arif Billah Al-Allamah Al-Habib Umar bin Abdurrahman al-Attas as a reference in the recitation of mujahadah. After the mujahadah activity, it is continued with cultum activities filled by students in rotation according to the schedule.

The method of cultivating emotional intelligence in students at Pondok Pesantren Nurul Falah Bagus Selopampang. The method of cultivating intelligence that is instilled is the Zero Mind Process (ZMP), which is the process of cleaning the heart and mind by dhikr to Allah SWT, Mental Building (mental building) Building mental effort by clearing the heart according to its nature, namely by motivating that mujahadah must be carried out for worship, dhikr and expecting blessings in it. In addition, the kultum after mujahadah is one of the methods of planting in building mental, Individual Strength (Personal resilience), namely by understanding that mujahadah is one of the prayers that must be addressed only to Allah.

The values of emotional intelligence produced in students at Pondok Pesantren Nurul Falah Bagus Selopampang. The values resulting from the strategies that have been implemented are: Santri have good spiritual values such as being orderly in praying five times, dressing neatly and cleanly when praying, and always reading the Qur'an every day, Santri can regulate their mood by not being easily provoked or angry, Santri have empathy and prayer values such as advising friends, motivating friends, and paying attention to sick friends and students do not forget to pray when they finish praying, Santri are able to survive with frustration, namely students carry out yaumiyah activities without a sense of burden and with full awareness so as not to cause frustration, Santri have a sense of responsibility, especially in daily tasks and responsibility for themselves.

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