Efforts to Improve Religious Attitudes Through the Habit of Dhuha Prayer at Mts Nu Tirto Pekalongan

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ABSTRACT
The world of education has many goals, especially goals in the process of inculcating noble character in students. Noble morals can be achieved through a religious path, including the habit of praying dhuha. This study aims to determine the effectiveness of dhuha prayer habituation in improving the religious attitude of students of MTs NU Tirto. The method in this study uses qualitative methods, data collection techniques using observation and interviews.

Keywords: Religious Attitude, Dhuha Prayer

INTRODUCTION
Education is an effort to perfect human abilities and potential. With education, it is hoped that people will be spiritually strong towards religion, have self-control, be intelligent, have a good personality, noble morals and the skills they need to live in society (Erena dkk., 2019; Ranti & Usmeldi, 2019). This proves that character formation is the main thing in education as well as in human life itself. People who have good character are based on character, morals, morals and good manners too. Thus, educational institutions need to instill character in students through learning or through other school activities. Character cultivation must be instilled in children from an early age (Chukwuma dkk., 2019; Stonehill dkk., 2020). This aims to ensure that children really have good character and can provide benefits to the surrounding environment. Indirectly,
cultivating character in children has a relationship with God. With children having awareness of the relationship between creatures and their Creator, children have noble character. Of course, this is a long process and must be correct. Without the correct process of cultivating character, the hope of children with good personality and character becomes impossible. By cultivating character through the habit of good behavior and activities to get closer to Allah SWT (Nkwenkeu dkk., 2020; Sundararajan dkk., 2019). It is hoped that it can solve problems related to social deviation. One of them is through the habit of performing Duha prayers every morning, which indirectly plays an important role in cultivating students' character for time discipline and can also increase students' understanding of the Duha prayer service. Religion in terms means belief in a power within humans. Religious means obedient behavior and attitudes when carrying out the teachings of the religion that one believes in. Religious character is included in the 18 national characters that have been proclaimed by the Ministry of Education.

Now Islamic educational institutions are intensively making the habit of praying Dhuha in the morning an effort to cultivate character. Because in some schools this habituation has a positive value (Galic dkk., 2021; Nguyen dkk., 2020). Among them are the growing sense of brotherhood, politeness, an attitude of mutual help, honesty and discipline which increases year after year. This shows that Duha prayer is one of the activities that plays a role in improving children's character. By getting into the habit of praying Dhuha before class activities, it indirectly teaches children to start the day with positive activities, namely by getting closer to Allah SWT.

From the background of this problem, the researcher wants to observe and study in more depth the implementation of the Sunnah Dhuha prayer (Defar dkk., 2021; Mattingly, 2019). Some information on The above of course cannot be accepted for granted, so this research is interesting to study further, through research entitled "Efforts to increase religious attitudes through the habit of Duha prayers at MTS NU Tirto Pekalongan"

RESEARCH METHODOLOGY

The approach used in this research is a qualitative approach which is used to find out or describe the reality of the events being studied so as to make it easier to obtain objective data. Sugiyono said that qualitative research methods are used by researchers in natural object conditions (Chan dkk., 2020; Held dkk., 2019). According to Moleong, qualitative research is "research that intends to understand phenomena about what is experienced by research subjects, for example behavior, perceptions, motivations, actions, etc., holistically, and by means of descriptions in the form of words and language, in a context specifically natural ones and by utilizing various natural methods".

Based on the definition above, it can be seen that qualitative research is natural research and the data produced is descriptive. This research uses a qualitative approach with a case study type of research. This research focuses intensively on one particular object and studies it as a case (Alatrash, 2020; Mazeroles dkk., 2020). Case study data can be obtained from all parties concerned. Research subjects are data sources that can provide information related to the research problem being studied. The technique for selecting
research subjects uses a purposive sampling technique, namely they are selected with certain considerations and objectives.

RESULT AND DISCUSSION

A. Dhuha prayer

Prayer is an obligation imposed on believers to be performed at predetermined times. This obligation must be carried out in every situation when the time has come, whether in sickness, during travel, or in war, the obligation to pray ends when death arrives. Prayer is the benchmark for the deeds that have been done because prayer is likened to the pillar of religion, as the Prophet explained, that the beginning of a person's deeds which are checked first on the Day of Resurrection are the prayer. If his prayer is correct, then he will get victory (Garner & Kunkel, 2020; Tesema dkk., 2020). If his prayer is not correct, his efforts will be lost and in vain.

In Islam, we need to know that prayer is not only about fardhu prayers, but there are also sunnah prayers which are recommended for Muslims to carry out. Some people may still take sunnah prayers for granted because they may think sunnah prayers are not prayers (Forer dkk., 2023), which in fact must or must be performed like the fardhu prayer. Even though we don't realize this sunnah prayer, it turns out that it has its own special features, where if you do it you will get a greater reward and there is also extraordinary fadhilah, but if you don't do it you won't get anything. There are many kinds of sunnah prayers, one of which is the dhuha prayer. Duha prayer is one of the sunnah prayers that is highly recommended by Allah SWT and the Prophet Muhammad. Even now it has become a habitual worship and a favorite of the Prophet Muhammad SAW. Dhuha prayer is also a good act of worship and is highly recommended as a form of routine worship every day. This is because the dhuha prayer service is included in the list of the Prophet Muhammad's testaments to his friend, namely Abu Hurairah (Terzi dkk., 2021). Something that becomes a will is certainly something very important, so it is worthy of being made a will. About this Abu Hurairah said: "My lover (Rasulullah SAW) has told me that I should always do three things, namely fasting for three days every month, doing two rak'ahs of the dhuha prayer, and doing the witr prayer before going to bed." (H.R Bukhari Muslim).

The rule of Dhuha prayer is a Muakkad sunnah, because the Messenger of Allah, may God bless him and grant him peace, strongly encourages Muslims to always practice it. Not only commanded, the Prophet SAW also always practiced the blessed sunnah practice to set an example worthy of imitation for his people. The Dhuha prayer was performed at a specific time. This also confirms that there are special times for each sunnah prayer which also has special priority. Based on some information and hadiths, the time of the Dhuha prayer is in the morning when The sun's position has risen approximately one inch. Meanwhile, the final deadline for performing this prayer is before midday prayer time (Tsendasuren dkk., 2021; Vatandost dkk., 2020). The purpose of this special purpose is that when carrying out sunnah prayers, they are not carried out haphazardly, but each sunnah prayer has its own special times. Just like the dhuha prayer,
it is carried out starting from the end of the morning prayer time, namely from the sunrise and ending before the arrival of noon time. If the Duha prayer is performed before its time, the prayer may become invalid or even cause sin because it is not performed on time. Some of the virtues of the dhuha prayer are as follows:

1. As an expression of a servant's gratitude to the creator in the morning
2. Replacing alms with the whole joint.
3. Travel is made easier in terms of academics.
4. The heart becomes calm and full of tranquility.
5. For his servants who are happy to perform the Dhuha prayer, God will provide ease in all affairs and sustenance from various unexpected directions.
6. Beneficial for the spirit and morals.

Another benefit of the Dhuha prayer is that it pumps up the spirit of life because the Dhuha prayer has extraordinary energy. This energy can make us more confident, brave, strong and firm in making decisions to achieve success (Paula dkk., 2022; Sumin, 2022). Rosullah SAW strongly recommends the dhuha prayer because there are many benefits in it. Apart from raising the spirit of spirituality, Duha prayer also opens the door to sustenance. sustenance here is not only limited to material things, success, wealth, but more than that, the ability to cultivate oneself to gain spiritual and emotional intelligence. Dhuha prayer can train our emotions and spirituality so that with this strength, life's challenges, whether in the world of work, school, campus, society or any business, can be managed well. We can practically achieve these two intelligences by praying Dhuha.

B. Religiosity Character

Religious character needs to be instilled in everyday life, especially for today's young people, because the moral values of the nation's next generation continue to decline. Technological advances not only offer various conveniences in digging up information, but also open up very easy opportunities to carry out moral actions that are not detected by parents or teachers (Parsekar dkk., 2021). Some evidence of the current decline in morals is the culture of corruption, drug abuse and distribution, brawls between students and various other crimes. One factor in the decline in morale is that many students lack concern for religious subjects at school. To overcome these problems, students are expected to have good religious character.

Religious character development is a teacher's power and efforts in guiding students to form good moral character. Of course, this is related to students' balanced ritual and social worship activities in the family environment, school environment and outside environment. In this case, of course, a student is not only emphasized to be intellectually and emotionally intelligent, but a student must be trained to be able to balance spiritual matters and have good character.

The instillation of religious values is related to the aim of character education, namely in the form of students' mentality and attitudes. Based on the results of observations during field teaching practice which was carried out starting September 5 2022, information was obtained that learning activities at Mts NU Tirto, Pekalongan
district played a very important role in instilling values. -character value. The characters in question include discipline and religion. The school provides a second, longer break, namely 12.20-13.00 WIB or 40 minutes. This aims to enable students to perform midday prayers in congregation at the school prayer room. Apart from that, every day in the morning before starting teaching and learning activities, all teachers and students of Mts NU Tirto carry out routine Dhuha prayers in the school yard.

Data processing in this research uses a flowing data analysis model (flow model) which consists of data collection, data reduction, data presentation, and ending with drawing conclusions.

1. Data collection

There are several things you need to remember when collecting data for qualitative research: First, research is generally carried out more than once. Second, when collecting data, it is always adapted to the natural situation. Third, do probing on the symbol. Probing is a process of deeper exploration of something that is felt to need to be revealed. Based on the results of observations, interviews and documentation studies, researchers obtained data regarding the objectives of the research conducted by the author, including:
   a. The condition of the school yard is clean.
   b. Teacher activity in guiding students.
   c. There was a positive response from students regarding the routine Sunnah Dhuha prayer activities at MTs NU Tirto.

2. Data reduction

From the results of data collection, the researcher analyzed data from various sources that the researcher had carried out during practical field experience at MTs NU Tirto, that the routine sunnah prayer activities at MTs NU Tirto have been held for a long time, since the 2015 academic year until now.

3. Presentation of data

After carrying out data reduction, the next step in data analysis is presenting data or what is known as a collection of information regarding fostering students' religiosity efforts through the habit of performing Sunnah Dhuha prayers at MTs NU Tirto, Pekalongan Regency. In this case the researcher looked at the activities carried out by the students before the teaching and learning started. Namely, there is a culture that is thick with religion. In carrying out the Dhuha sunnah prayer, attendance is taken for students who perform the prayer or not. For students who do not perform the Sunnah Dhuha prayer on time because they arrive late, they will be given a punishment in the form of cleaning the page and reading one verse of the Al-Qur'an with tartil, then continuing to perform the Sunnah Dhuha prayer individually. Apart from the culture of Duha prayer in MTs NU Tirto which is carried out in the morning before KBM starts. Another activity carried out was a joint tadarus led by class representatives through sound sources. Class representatives here are according to the picket schedule that has been determined starting from class VII-IX in sequence.
According to the results of an interview with the principal of Mts NU Tirto, the aim of carrying out sunnah dhuha prayer activities at Mts NU Tirto is to foster spiritual intelligence in students and train them in discipline when praying and so on. The following is a recap of the interview results:

1. **How to develop spiritual intelligence for Mts NU Tirto students**

   Based on the results of interviews conducted by researchers with the principal, according to him, every child is born not knowing anything, only equipped with hearing, sight and heart. By being given hearing, sight and the heart, humans can explore and develop their potential. Efforts to adopt an attitude of spiritual religiosity are a potential that must be honed as early as possible. As a potential for spiritual religiosity, various efforts are needed that will bring out students' spiritual intelligence attitudes. So that children will grow as humans who are able to understand all their knowledge and life experiences.

   The methods used by teachers in developing spiritual intelligence in MTs NU Tirto students include:

   a. Practice time discipline.
   b. In this case, all students and teachers are required to arrive at school at exactly 06:30 WIB.
   c. Giving fanism/punishment.
   d. Fanism or punishment itself applies to all students or teachers who arrive late at school. The punishment that applies to students is in the form of reading one verse of the Koran and must be completed at that time without any other tolerance. And the punishment for teachers who arrive late to perform Duha prayers is in the form of a direct warning from the school principal.
   e. Doing Tadarus Together
   f. In developing spiritual intelligence and religious attitudes in MTs NU Tirto students, one of the other programs is conducting joint tadarus which will be led by class representatives who have been scheduled by the curriculum teacher.

2. **What are the Sunnah Dhuha prayer activities for students at MTs NU Tirto.**

   In this second interview, to find out how the Sunnah Dhuha prayer activities are for students at Mts NU Tirto, the researcher summarized data from the results of interviews and also made observations during the researcher's practical field experience at the school. Results of an interview with Mr Doni Fajar as a teacher who has duties as a tutor. According to the results of an interview with him conducted in the classroom on Monday, September 20 2022 at 09:49 WIB. He explained his answer regarding the dhuha prayer activities that took place at MTs NU Tirto. In carrying out the dhuha prayer activities to realize the vision of the educational institution to create a favorite educational institution that upholds Islamic values and morals. inseparable from various kinds of obstacles or constraints. Some of the supporters and inhibitors at MTs NU Tirto include:

   a. Supporting factors
In fact, there are many supporting factors, both from within the student (internal) and from outside the student (external). Based on the results of research when conducting an interview with the Mts NU Tirto teacher, Doni Fajar, according to him, the supporting factors include:

1) There is a teacher who guides Duha prayers
2) The Madrasah yard is sufficient for the congregational Sunnah Duha prayers to be held.
3) Availability of teachers to share knowledge about the benefits of performing Dhuha prayers. And explains the virtues of performing the dhuha prayer.

b. Obstacle factor

In carrying out various activities, everyone will encounter various obstacles. In this case, the inhibiting factors in performing Duha prayers at MTs NU Tirto include:

1) Minimal funding.
2) This can affect the availability of facilities and infrastructure needed by the school to facilitate all its students.
3) Many students are late coming to school
4) Implementing sunnah Dhuha prayer activities requires a teacher to be creative in increasing student activity and the implementation of Dhuha prayer activities. Because, if students are active and enthusiastic, learning can run smoothly and achieve its goals.
5) What is the function and purpose of the Dhuha prayer coaching activity in relation to creating a religious attitude in female students at Mts NU Tirto.

According to the results of an interview conducted with the principal of Mts NU Tirto, namely Mr. Salafuddin, the function and purpose of the Dhuha prayer activity is because Muslims have the obligation to carry out fardu prayers, namely dawn, noon, Asr, Maghrib and Isha, in addition, there are times when they perform sunnah prayers. such as the Sunnah Dhuha prayer. This prayer, which is performed when the sun is setting, has several quite good benefits (Baheretibe dkk., 2022). One of them is to open the door to sustenance. Apart from that, some people believe that Duha prayer can help in achieving success. But basically success cannot be obtained just by praying without any effort. Therefore, to be more balanced and also a blessing, everything must be done with effort and supported by prayer, one of which is by performing the Dhuha prayer. On this basis, one of the schools in Pacar Tirto Village implements Duha prayers every 06:45 WIB. The principal of MTs NU Tirto implements the Dhuha prayer as one of the rules in the school he leads with the aim of cultivating prayer.

Sunnah among students. Judging from its meaning, Dhuha is a prayer performed in the morning, namely around 06:35 until just before dhuhr, and these hours are a very good time to exercise. Therefore, performing Duha prayers is the same as exercising because later it can be used to maintain healthy bones and muscles because every joint moves, from the hands, elbows to the knees and feet. The benefits of prayer movements
can indeed have an exercise effect without realizing it. As well as being able to improve the achievement of students in Madrasah, both educational achievements. In this case, the achievement that is felt by the school is a mental activity that produces changes in knowledge, skills and attitude values. The achievement in question is not just in a championship event. However, achievement through a process of changing a person's behavior which includes understanding, appreciation and results can be seen from the grades mixed in the report card. Achievements achieved by Madrasah Aliyah Salafiyah Bode students that can influence achievement are:

a. Factors contained within (internal) students themselves are referred to as individual factors. What is meant by individual factors are maturity, intelligence, training, motivation and personal factors. Physiological factors are physical conditions which include the growth of physical health, the condition of the sensory organs which leads to mental stability or lability, for example inner calm, thinking power. Then there are psychological factors, namely mental conditions which include high and low levels of intelligence, learning motivation, attitudes and students' interest in learning. which include internal factors include:

1) Real intelligence that can be seen from academic achievement scores and other achievements at school. Potential intelligence is often referred to as talent. This intelligence can be recognized through observation.

2) Whether or not a student's physical health is healthy can influence achievement because a healthy body is a condition that makes it possible to be able to grasp what is being taught actively.

3) Motivation is a drive that greatly influences learning. When studying, students should have strong motivation so that high performance will be achieved.

4) Concentration in learning is really needed whether studying at school or studying at home. Without concentration there will be no lessons absorbed and processed in the mind.

5) Ways of thinking greatly influence achievement, and efficient ways of learning can support student achievement.

b. Factors that exist outside the individual (external) are also called social factors. Social factors include family factors, teachers and teaching methods. The tools used in the learning process are available as well as social motivation.

In implementing Islamic religious education learning activities, a basis is needed as a reference and basis for achieving a learning goal. Without a strong foundation as a reference and basis for achieving goals and as a foundation for achieving goals, it will be difficult to achieve. So in this case the school requires students MTs NU Tirto female students to perform sunnah Dhuha prayers before the teaching and learning process in class.

CONCLUSION

Education is an effort to perfect human abilities and potential. With education, it is hoped that people will become spiritually strong towards religion, have self-control, are
intelligent, are good individuals and have noble morals. Character cultivation must be instilled in children from an early age. This aims to ensure that children really have good character and can provide benefits to the surrounding environment. Indirectly, cultivating character in children has a relationship with God. By cultivating character through the habit of good behavior and activities that bring you closer to Allah SWT. One of them is getting used to congregational Duha prayer activities which are held regularly at MTs NU Tirto Pekalongan. The benefits of Duha prayer are as follows:

1. As an expression of a servant's gratitude to the creator.
2. Replacing alms with all the joints
3. Travel is made easier in terms of academics
4. The heart becomes calm and full of tranquility
5. Facilitated in all affairs and sustenance from various unexpected directions

The practice of dhuha prayers in congregation at MTs NU Tirto is a very good activity in an effort to shape students' religious character.

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