

ACTUALIZATION OF ISLAMIC RELIGIOUS EDUCATION IN RELATIONSHIP WITH EMOTIONAL SPIRITUAL QUOTIENT OF MUSLIM ADOLESCENTS IN BANDUNG CITY

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Abstract

Islamic religious education has an important role in shaping the personality and morality of individuals, especially teenagers, in facing the complexities of modern life. This research aims to explore the relationship between the actualization of Islamic Religious Education and the Emotional Spiritual Quotient (ESQ) in Muslim adolescents in the city of Bandung. This research uses a survey design with a direct interview method and distributing instruments by filling out questionnaires. Apart from that, this research also collected data using documentation study techniques from various news stories on Muslim Youth in Bandung City. The approach method in the Islamic Religious Education actualization program can strengthen the relationship with the Emotional Spiritual Quotient (ESQ) in Muslim teenagers in the city of Bandung. The results of the research show that there is a strong relationship between Islamic Religious Education and ESQ among Muslim teenagers in the city of Bandung. This research also found that a holistic approach, such as the use of inspiring Islamic stories, the formation of a supportive community, and direct experience in the practice of worship, can help Muslim teenagers develop their emotional and spiritual well-being as a whole. It is hoped that the results of this research can increase emotional and spiritual intelligence in Muslim adolescents through Islamic Religious Education and can be used as evaluation material for follow-up in the teaching of Islamic Religious Education

Keywords: *Islamic Religious Education, Emotional Spiritual Quotient, Muslim Adolescents, Bandung, Actualization of Islamic Religious Education.*

Abstrak

Pendidikan Agama Islam memiliki peran penting dalam membentuk kepribadian dan moral individu, khususnya remaja, dalam menghadapi kompleksitas kehidupan modern. Penelitian ini bertujuan untuk mengeksplorasi hubungan antara aktualisasi Pendidikan Agama Islam dengan Kecerdasan Spiritual Emosional (ESQ) pada remaja Muslim di Kota Bandung. Penelitian ini menggunakan desain studi kuantitatif dengan distribusi kuesioner kepada remaja di Kota Bandung. Selain itu, penelitian ini juga mengumpulkan data dengan teknik studi dokumentasi dari berbagai berita tentang Pemuda Muslim di Kota Bandung. Pendekatan dalam aktualisasi Pendidikan Agama Islam dapat memperkuat hubungan dengan Kecerdasan Spiritual Emosional (ESQ) pada remaja Muslim di Kota Bandung. Hasil penelitian menunjukkan bahwa terdapat hubungan yang kuat antara Pendidikan Agama Islam dan ESQ pada remaja Muslim di Kota Bandung. Penelitian ini juga menemukan bahwa pendekatan holistik, seperti penggunaan cerita inspiratif Islam, pembentukan komunitas yang mendukung, dan pengalaman langsung dalam praktik ibadah, dapat membantu remaja Muslim mengembangkan aspek

emosional dan spiritual mereka secara komprehensif. Hasil penelitian ini diharapkan dapat meningkatkan kecerdasan emosional dan spiritual pada remaja Muslim melalui Pendidikan Agama Islam dan dapat dijadikan bahan evaluasi untuk tindakan lanjutan dalam pengajaran Pendidikan Agama Islam.

Kata kunci: Pendidikan Agama Islam, Kecerdasan Spiritual Emosional, Pemuda Muslim, Kota Bandung, Aktualisasi Pendidikan Agama Islam.

INTRODUCTION

School is institution formal education which is systematically , carrying out guidance , teaching and training programs develop its potential both concerning moral-spiritual intellectual , emotional aspects and also social (Amirulloh , 2015). Education as business foster and develop personal human , good concerning aspect spiritual and physical . Islamic religious education has obligation For to foster and guide growth as well as development man in accordance with stage life until reach optimal potential , namely formation good morals . Based on statement the Islamic religious education also has influence big to grow flower knowledge education and science knowledge .

Objective education No only For intelligence intellectual , will but a good person who is competent and of course with Emotional Spiritual Quotient values that form A wisdom that will come later will beneficial for himself and everyone . In a way simple spiritual quotient is very support in implementation Islamic religious education in the development process self somebody as protection and development his personality to become wise man. Basically, life man fully about problem education (life is the problem of education). For human , life without education That No perhaps , Education includes every aspect life . Wherever and whenever and in problem whatever man doing activities there There is education . When interacting with fellow in every activity society , there there is also education . More from That when interact with God , education more and more clear existence . Between education and humans like container and its contents . Purpose education also becomes objective life man That Alone .

Spiritual intelligence can interpreted: " As a fast and precise understanding to something immaterial that is marked with existence meaning, values, transcendental (Bustan et al., 2013). Intelligence is also important emotional For complete intelligence reason and also spiritual intelligence because Intelligence emotional is ability For listen whisper emotions and make it source information great important For understand self yourself and others in order to achieve purpose . (Ginanjar, 2016). Intelligence Emotional succeed to drop the existence of the IQ legend that once existed in power during a number of year with A invention new , namely the so-called with Emotional Quotient (EQ) which is A more intelligence emphasize on the realm feeling control emotions . Can concluded that based on A the above explanation state that intelligence emotional is intelligence in understand as well as control feeling as well as ability For understand feeling self Alone as well as other people's feelings . Intelligence emotional spiritual is a device Work in matter growth character A personality based the value contained in harmony the ultimate faith and pillars of Islam produce superior human in A his emotions and spirituality . (Ginanjar , 2016) . Research conducted by Sabiq and Djalali (2012) stated

that teenagers who have intelligence emotional tall will behave pro- socially high and vice versa those who are intelligent emotional low will cause low pro- social behavior . Another study conducted by Aprilia and Indrijati (2014) strengthens this study previously that teenagers who have intelligence emotional tall so will avoid from behavior brawl whereas teenagers who have intelligence low emotional so will involved brawl . The results of interviews conducted by researchers to the Bandung City Education Office obtained that school private own level mischief more teenagers tall compared to with public schools . Study results introduction in several private high schools in Bandung City was obtained that 83.3% of teenagers Once truancy , 86.67% of children Once watching pornographic videos, 66.67% of children Once do fights , 40% of children Once Drinking hard and researcher get information from a number of expelled child or Drop Out (DO) due to Pregnant out of wedlock and problems discipline other related with intelligence emotional adolescents (Fatimah Adz- Dzahra , 2023). Based on baseline data the researcher do study related intelligence emotional in a private high school environment in Bandung City.

Research result previously state contribution Emotional Spiritual Quotient (ESQ) aspects in Islamic Religious Education learning includes faith and piety , morals noble , honest , disciplined, responsible , caring (mutual cooperation, cooperation , tolerance , peace) , polite , responsive and pro- active believe self in interact with family , friends , teachers, environment and society . (Alfi Fuadah , 2024).

Islamic Religious Education has a very important role in to form personality and morality individuals , in particular teenagers , in face complexity modern life . teenage years is one of stages very important development . Intelligence good emotional and spiritual intelligence needed in self teenager so that teenager own ability in breakdown the problem is psychological , social , which is not fulfilled make teenager experience difficulty in breakdown problem . Intelligence good emotional and spiritual intelligence needed in self teenager so that teenager own ability in breakdown the problem . So that the rise happen mischief teenagers caused by lack of knowledge about emotional and spiritual. Therefore that , research This aiming For explore connection between actualization Islamic religious education and Emotional Spiritual Quotient (ESQ) in adolescents Muslims in Bandung City.

Bandung city itself , cases mischief teenager start increased . Like brawl between students , reckless on the road raya , party drink hard , usage drug forbidden until abuse sexual . Example the case that occurred lately This is Two action attack at a time in last night in Bandung by teenagers motorcycle gangs are getting bigger worrying . Criminologist to mention action motorcycle gang must prosecuted firm Because Already leading to action criminal pure (Fabio, 2023). If matter This left alone happen in a way Keep going continuously will give impact big on generation young next . Basically they know that the deeds they do do That No good . However Because lack of understanding good emotional and spiritual , so that make they do matter the without think about the loss that will occur obtained . In addition that , should be with their Islamic religious studies get in school capable keep the teenagers away from matter negative said .

However Still Lots other factors that must be under consideration such as their emotional spiritual quotient (ESQ) .

So from That based on the above explanation , the author interested For do study with title " Actualization of Islamic Religious Education and its Relationship with Emotional Spiritual Quotient in Muslim Adolescents in Bandung City"

As for the purpose in study this , namely For know connection between Islamic Religious Education and Emotional and Spiritual Quotient in adolescents Muslims in the city of Bandung and for know method increase intelligence emotional and spiritual in adolescents Muslim through Islamic Religious Education

Benefits from results study this , namely expected can increase intelligence emotional and spiritual in adolescents Muslim through Islamic Religious Education. And can made into material evaluation For act carry on in teaching Islamic Religious Education.

METHOD

Research design in study This use design study quantitative about " Actualization of Islamic Religious Education and its Relationship with Emotional Spiritual Quotient in Muslim Adolescents in Bandung City".

As follows This definition conceptual from each variable in the study this , namely :

1. Islamic education

Islamic religious education is base obedience and truth as means For create man become the perfect believer as well as make man as a pious servant of Allah in all over aspect his life . So Islamic religious education aims For direct child educate become a pious person to Allah. (Muh Idris, 2018)

2. Emotional Spiritual Quotient

Emotional Quotient (EQ) is A more intelligence emphasize on the realm feeling control emotions . While Spiritual Quotient is intelligence For face and solve problem meaning life , values , and integrity self . So Emotional Spiritual Quotient is a device Work in matter growth character A personality based the value contained in harmony the ultimate faith and pillars of Islam produce superior human in A his emotions and spirituality . (Ginanjar , 2016)

As for the definition operational from variables study This as following :

1. Islamic religious education can actualized through understanding teachings Islam to participants educate , obedience worship practice , practice Islamic values in life everyday , looking for science , development skills social and caring towards others, taking decision based on Islam, overcome challenge with Islamic principles , commitment to community and family .

Table 3.1
Indicators Islamic Religious Education Variables

Variables	Indicator
	1. Understanding Islamic teachings
	2. Compliance worship practice
	3. Practice Islamic values in life daily
	4. Look for Knowledge

Islamic education	5. Development social skills and caring towards others
	6. Take decision Islam based
	7. Overcome challenge with Islamic principles
	8. Commitment to community and family .

2. Emotional Spiritual Quotient is training source Power human being with purpose For to form character through the combination of 3 potentials man that is intelligence intellectual , emotional and spiritual. As follows This Emotional Spiritual Quotient indicators , namely :

Table 3.2
 Variable Emotional Spiritual Quotient Indicator

Variables	Indicator	Sub Indicators
Emotional Spiritual Quotient	Intelligence Emotional	Empathy
		Management Emotion
		Motivation Self
		Skills Social
	Spiritual Intelligence	Awareness about existence Lord
		Show commitment to spiritual values
		Show appropriate behavior with Islamic ethics and morality
		Show peace and tranquility inner
		Ability overcome chaos or uncertainty with spiritual beliefs
	How to improve intelligence emotional and spiritual in adolescents through Islamic education.	Islamic religious education is centered on values .
		Islamic religious education builds skills social and empathy .
		Islamic religious education teaches stress management .

Stage implementation research This divided become three the core stage is stage preparation, stage implementation and stages report. Explanation the details as following:

- 1) Stage Preparation: Prepare research proposals, take care of permission research, prepare instrument research, determine allocation and sampling research
- 2) Stage Implementation : Collecting data and analyzing data
- 3) Stage report : Compiling a report end and present results

Variables in study This consists of from One variable free and one variable bound. Variable free in study This that is Actualization of Islamic Religious Education, while variable bound , namely the Emotional Spiritual Quotient of Muslim Adolescents in the city of Bandung.

Subject study this , namely Teenager are Muslim, aged 15-24 years , and domiciled in Bandung City. While the sampling technique in study this , namely using accidental sampling technique. Total respondents as many as 272 people, based on determination sample by Roscoe in book *Research Methods for Business* . Study This located in the sub-district *Panyileukan*, the city of Bandung which has implemented in 2024. The indicators developed in questionnaire , namely method increase intelligence emotional and spiritual through Islamic religious education and method interesting Islamic Religious Education learning for teenager .

Collection techniques in research This use Questionnaire. Questionnaire is technique data collection carried out with method give a set question or statement written to Respondent For answered . Type question in questionnaire nature closed about Actualization of Islamic Religious Education with Emotional Spiritual Quotient in Muslim Youth in Bandung City.

RESULTS AND DISCUSSION

1. Connection between Islamic Religious Education and *Emotional and Spiritual Quotient* in adolescents Muslims in the city of Bandung.

From the results study data is obtained which is then analyzed with SPSS using analysis hypothesis associative with results calculation as following .

Table 5.1.
Correlation Test Results
Correlations

		Total ESQ	Total PAI
Total ESQ	Pearson Correlation	1	.717 **
	Sig. (2-tailed)		.000
	N	272	272
Total PAI	Pearson Correlation	.717 **	1
	Sig. (2-tailed)	.000	
	N	272	274

** . Correlation is significant at the 0.01 level (2-tailed).

From Table on obtained results *Pearson correlation* is 0.717 which means connection between Islamic Religious Education and *Emotional and Spiritual Quotient* in adolescents Muslims in the city of Bandung are in the category strong . Besides *Pearson correlation* also obtained the value *sig. (2-tailed)* of $0.000 < 0.05$ which means $\text{Sig.} < \text{Alpha}$ so that can stated that there is connection between Islamic Religious

Education and *Emotional and Spiritual Quotient* in adolescents Muslims in the city of Bandung.

2. How to improve intelligence emotional and spiritual in adolescents Muslim through Islamic Religious Education
 - a. first way that is with use stories and tales from the life of the Prophet Muhammad (PBUH) and his companions as example can give inspiration and lessons practical about intelligence emotional and spiritual with results calculation can seen in the table as following .

Table 5.2
 Method one increase intelligence emotional and spiritual

Use stories and tales from the life of the Prophet Muhammad (PBUH) and his companions

		Freque y	Percent	Valid Percent	Cumulative Percent
Valid	No Once	1	.4	.4	.4
	Sometimes	19	7.0	7.0	7.4
	Often	102	37.5	37.5	44.9
	Always	150	55.1	55.1	100.0
	Total	272	100.0	100.0	

For table on statement method increase intelligence emotional and spiritual in adolescents Muslim through Islamic Religious Education with use stories and tales from the life of the Prophet Muhammad (PBUH) and his companions as example can give inspiration and lessons practical about intelligence emotional and spiritual. Stories This Can made into base For discussion about How they overcome various challenge with faith and courage . Respondents answer statement the with answer always as much as 55.1%; Respondents answer often as much as 37.5%; Respondents answer sometimes as much as 7%; and Respondents answer No Once as much as 0.4%. In the concept of Emotional Spiritual Quotient (ESQ), all humans have intellectual and emotional , but second matter the No perfect if No united with intelligence spiritual (Safitri et al., 2023) .

Table 5.3
 Second way increase intelligence emotional and spiritual

Manage stress and emotions through prayers , dhikr , and other worship

		Freque y	Percent	Valid Percent	Cumulative Percent
Valid	No Once	5	1.8	1.8	1.8

Sometimes	27	9.9	9.9	11.8
Often	95	34.9	34.9	46.7
Always	145	53.3	53.3	100.0
Total	272	100.0	100.0	

For table on statement method manage stress and emotions through prayers , dhikr , and other worship Can become powerful tool for Muslim teenagers . Teachers can teach method like breathing in , meditation , or mindfulness in Islamic context for help teenager manage emotion they . Statement the answered Respondents always as much as 53.3%; Respondents answer often as much as 34.9%; Respondents answer sometimes as much as 9.9%; and Respondents answer No Once as much as 1.8%.

Table 5.4

How to get there three increase intelligence emotional and spiritual

Connect religious teachings with situation life daily

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No Once	1	.4	.4	.4
	Sometimes	20	7.4	7.4	7.7
	Often	108	39.7	39.7	47.4
	Always	143	52.6	52.6	100.0
	Total	272	100.0	100.0	

For table on statement method try connect religious teachings with situation life everyday . Through example concrete and discussion about relevant issues with life teenagers , they will see how religion can help they overcome problems The statement was answered by the Respondent always as much as 52.6%; Respondents answer often as much as 39.7%; Respondents answer sometimes as much as 7.4%; and Respondents answer No Once as much as 0.4%.

Table 5.5

Statistical Results Descriptive

Statistics

		p31	p32	p33
N	Valid	272	272	272
	Missing	0	0	0
Mean		3.47	3.40	3.44
Median		4.00	4.00	4.00
Mode		4	4	4
Variance		.413	.550	.418

Range		3	3	3
Minimum		1	1	1
Maximum		4	4	4
Sum		945	924	937
Percentiles	25	3.00	3.00	3.00
	50	4.00	4.00	4.00
	75	4.00	4.00	4.00

From the table on can seen that the average answer Respondent of 3.47 for method first , 3.4 for method second , 3.44 for method third . Third method the is in the category high which means often done by the majority respondents . Research results This in line with results study previously that the correlation with intelligence emotional , Islamic education also has share For grow , develop , foster , or overcome problem related education with intelligence emotional (Nisa & Susandi, 2021) .

CONCLUSION AND SUGGESTIONS

Conclusion

1. Connection between Islamic Religious Education and *Emotional and Spiritual Quotient* in adolescents Muslims in Bandung city analyzed with SPSS using analysis hypothesis *associative* with results calculation *Pearson correlation* of 0.717 which means connection between Islamic Religious Education and *Emotional and Spiritual Quotient* in adolescents Muslims in the city of Bandung are in the category strong . Besides *Pearson correlation* also obtained a sig. value (2-tailed) of $0.000 < 0.05$ which means Sig. < *Alpha* so that can stated that there is connection between Islamic Religious Education with *Emotional and Spiritual Quotient* in adolescents Muslims in the city of Bandung.
2. How to improve intelligence emotional and spiritual in adolescents Muslim through Islamic Religious Education, namely:
 - a) Use stories and tales from the life of the Prophet Muhammad (PBUH) and his companions as example can give inspiration and lessons practical about intelligence emotional and spiritual. Respondents answer statement the with answer always as much as 55.1%; Respondents answer often as much as 37.5%; Respondents answer sometimes as much as 7%; and Respondents answer No Once as much as 0.4%.
 - b) How to manage stress and emotions through prayers , dhikr , and other worship Can become powerful tool for Muslim teenagers . Teachers can teach method like breathing in, meditation, or *mindfulness* in Islamic context for help teenager manage their emotion. Statement the answered Respondents always as much as 53.3%; Respondents answer often as much as 34.9%; Respondents answer sometimes as much as 9.9%; and Respondents answer No Once as much as 1.8%.

- c) Method try connect religious teachings with situation life everyday. Through example concrete and discussion about relevant issues with life teenagers , they will see how religion can help they overcome problems said . Statement the answered Respondents always as much as 52.6%; Respondents answer often as much as 39.7%; Respondents answer sometimes as much as 7.4%; and Respondents answer No Once as much as 0.4%.

Suggestion

1. Improvement of Religious Education Program: Recommended For develop curriculum more Islamic religious education interactive and relevant with condition teenager moment This . Involves method creative learning can help student internalize religious values and linking them with experience emotional they .
2. Training For Teacher : Required training special for Islamic religious education teachers regarding an integrated approach aspect emotional and spiritual. Teachers are expected capable detect and manage emotion students , as well as help they in the process of actualization spiritual values .
3. Mentoring Program Teenagers : Encourage the existence of a mentoring program that involves parents and the community around For support development of emotional spiritual quotient of adolescents . Activities such as seminars , discussions or workshops done For increase awareness and understanding about importance balance emotions and spirituality in life daily .

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SHORT PROFILE

We are The PKM-RSH team from the Muhammadiyah University of Bandung, Islamic Religious Education study program, has do research about " Actualization of Islamic Religious Education and its Relationship with Emotional Spiritual Quotient in Muslim Adolescents in Bandung City.

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We focus on research related to with issues social , education and development society . Through this PKM , we aim to For give contribution real for society and improve quality understanding about phenomenon social in the environment around .