

The effectiveness of Dhuha prayer activities in increasing the learning concentration of Grade VI students at Sdit Abu Bakar Ash Shidiq Pati

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Abstract

This study investigates the effectiveness of Dhuha prayer activities in improving the learning concentration of Grade VI students at SDIT Abu Bakar Ash Shidiq Pati. Dhuha prayer, as a recommended Islamic spiritual practice, is believed to contribute to emotional balance, mental clarity, and disciplined behavior—factors that support students' academic focus. Using a quantitative descriptive approach, data were collected through documentation and Likert-scale questionnaires distributed to students who routinely performed Dhuha prayer. Instrument validity and reliability were tested using IBM SPSS 22, and simple linear regression analysis was employed to determine the influence of Dhuha prayer (independent variable) on learning concentration (dependent variable). The findings show that Dhuha prayer significantly and positively affects students' concentration, with a regression equation of $Y = 3.839 + 0.988X$, indicating that each increase in the implementation of Dhuha prayer contributes to an increase in learning concentration. The coefficient of determination ($R^2 = 0.705$) demonstrates that 70.6% of students' concentration is influenced by Dhuha prayer activities, while the remaining 29.4% is affected by other external factors. The results highlight that routine Dhuha practices foster calmness, discipline, emotional stability, and cognitive readiness, thereby enhancing students' overall learning performance.

Keywords: Dhuha Prayer; Learning Concentration; Elementary Students; Quantitative Analysis; Spiritual Practices in Education

INTRODUCTION

Duha prayer is a sunnah (non-obligatory) act of worship performed in the morning, between the time after sunrise and before the Dhuhr (midday) prayer. This practice holds numerous virtues, including serving as a means to draw closer to Allah and to attain blessings in daily activities. It is not merely a spiritual ritual, but also has the potential to positively impact an individual's mental and emotional well-being. In this context, Duha prayer can serve as a tool to help students achieve inner peace and improve their concentration in the learning process.¹

Duha prayer is not merely a ritual; it also reflects values of discipline and responsibility. By performing this prayer regularly, students are taught to value time and build positive habits. The goal of character education is to develop students who are morally and intellectually strong, as well as successful in their overall academic achievements. A student's ability to focus on what they are learning is a crucial component of their academic performance, particularly at the elementary school level. However, many students struggle with maintaining focus during lessons, which can hinder their comprehension and

¹ Jusuf Mudzakkir Abdul Majid, *Nuansa-Nuansa Psikologi Islam* (Jakarta Indonesia: Raja Grafindo, 2001).

academic success in the classroom. Therefore, it is important to consider various options that can help children concentrate better while learning—one of which is engaging in Duha prayer.²

Lack of focus among elementary school students during the learning process can be attributed to several factors. These include an unsupportive learning environment—such as noisy classrooms, peer distractions, or inadequate facilities—which can divert students' attention. Additionally, mental and physical fatigue, often due to insufficient sleep or a demanding routine, may also impair their ability to concentrate. Stress and anxiety, often arising from pressure exerted by parents or teachers to excel, can also have a negative impact on children's focus. Lastly, lack of interest and motivation—especially when lessons are perceived as boring or irrelevant—can reduce students' willingness to learn.³

Given these causes, Duha prayer can offer a potential solution to help students concentrate better during the learning process. It provides a moment of reflection and calm before students begin their academic activities, helping them achieve mental clarity. This spiritual practice can also help reduce stress and anxiety, thereby making students more prepared and relaxed for learning. Furthermore, it instills discipline, as students learn to manage their time and fulfill responsibilities.

Beyond addressing the causes of poor concentration, Duha prayer offers direct benefits for students. It can enhance focus and concentration—allowing students to return to their studies with a clearer and more refreshed mind. It also generates positive energy, motivating students to engage more enthusiastically with their lessons. Lastly, when performed in groups, Duha prayer can also foster social skills and strengthen peer relationships.⁴

Islamic Religious Education

Definition of Islamic Religious Education

Before understanding what is meant by Islamic Education, it is first necessary to know the definition of education itself. Etymologically, the word "education" comes from the Greek *paedagogie* which means to guide, and again which refers to children. In English, the term "*education*" means the process of exploring the potential in children to be directed and developed. In a narrow sense, education is often associated with activities in formal institutions such as schools. But in a broad sense, education encompasses the entire learning process that a person experiences throughout his life⁵.

Zaedun Na'im argues that education should emphasize more on the application of learning methods that use a holistic approach, namely a perspective that views life as a whole⁶. Therefore, the learning process should start from real experience that close to everyday life. In this context, Islamic Religious Education needs to be synergized with universal education, whose packaging must be based on noble and profound values. This thought is in line with the words of Allah in the Qur'an surah Adz-Dzariyat verse 56 as follows.

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ ٥٦

"I did not create the jinn and mankind except to worship Me."⁷

This verse implies that the main purpose of human life, including educational activities, is to worship and draw closer to God. Therefore, religious education has a very basic position in shaping a spiritually and morally balanced human person⁸.

² Ahmad Husein Lubis et al., "KECERDASAAN EMOSIONAL SISWA KELAS X Nurul Ilmi Melaksanakan Shalat Dhuha Secara" 8, no. 2 (2023): 287–92.

³ Siti Solehah, "Unsur-Unsur Pendidikan Karakter Dalam PAI Dan Implikasinya Terhadap Sikap Dan Perilaku Agama Siswa," *Jurnal Ilmu Pendidikan Dan Sosial* 1, no. 1 (2023): 11–15, <https://doi.org/10.58540/jipsi.v1i1.5>.

⁴ Arif Rahman Hakim, "Metode Pengajaran Pendidikan Agama Islam Di Perguruan Tinggi," *Jurusan Tarbiyah*, 2015, 1–14.

⁵ Hilda Darmaini Siregar and Zainal Efendi Hasibuan, "Islamic Religious Education: Definition, Purpose, Basis, and Function," *Intellectics : Student Scientific Journal* 2, no. 5 (July 2024): 125–36, <https://doi.org/10.59841/intellektika.v2i5.1520>.

⁶ Zaedun Na'im, *Islamic Education Management, Holiday rentals in Bandung*, 2021.

⁷ "Al-Quran Translated by the Ministry of Religion in 2019," n.d.

⁸ Abdul Majid, *Teaching and Learning in Islamic Religious Education* (Bandung: PT Remaja Rosdakarya, 2012).

Purpose of Islamic Religious Education

The purpose of Islamic Religious Education (PAI) is to help students believe, understand, live, and practice Islamic principles through various training and guidance programs. The initial goal of PAI, which is basically a process, is for PAI to become a series of courses offered in educational institutions. So, there are two ways to view either as a method of teaching Islamic principles or as a set of subject matter used in the process¹⁷.

Zakia Darajat said that the purpose of Islamic religious education is to lead people to believe and fear Allah throughout their lives until death by believing in Allah¹⁸. Through instruction, guidance, and practical experience, Islamic religious education seeks to instill in its students a deep familiarity with the teachings of Islam as found in the Qur'an and hadith, as well as the knowledge, understanding, belief, piety, and morality necessary to practice these principles. Until the religious groups in society can live in peace with each other and the country as a whole, there will be instructions to respect the beliefs of people of other¹⁹ religions.

Functions of Islamic Religious Education

Islamic religious education has a very important function in the individual and social life of Muslims. Its main function is to maintain and strengthen students' faith in Allah SWT. In this context, religious education not only teaches theoretical aspects of faith, but also instills solid beliefs in the heart, so that it becomes the foundation for thinking, behaving, and acting in daily life²⁰.

In addition, Islamic Religious Education plays a role in fostering and forming noble morals. The moral values taught in Islam, such as honesty, patience, humility, and respect for others, become a guideline in forming ethical and dignified personal character. Religious education encourages learners to not only know what is right, but also to get used to doing the right thing in various situations²¹. The next function is to guide students to be able to worship correctly and with full awareness. Islamic Religious Education equips students with knowledge and skills in carrying out worship such as prayer, fasting, zakat, and other worship, so that they can do it according to the guidance of sharia with full appreciation, not just a routine. Apart from being a means of deepening religious understanding, religious education also aims to increase the spirit of pious deeds. The knowledge gained does not stop at the cognitive level, but is expected to be able to encourage students to practice it in real life as a form of moral and spiritual responsibility to Allah and fellow humans²².

Finally, Islamic religious education has a strategic role in strengthening ukhuwah Islamiyah or brotherhood between fellow Muslims. Through a correct understanding of the teachings of Islam, students are guided to uphold the values of tolerance, compassion, and solidarity, as well as to stay away from all forms of division and hostility²³. Thus, the function of Islamic religious education is not only limited to scientific aspects, but includes comprehensive faith, moral, worship, social, and spiritual development, as affirmed by Abdilllah. This makes religious education a fundamental element in the formation of a complete and responsible Muslim personality. The function of Islamic religious education is to maintain faith, foster noble morals, be straightforward in worship, increase the spirit of charity and worship, and strengthen brotherhood between Muslims²⁴.

¹⁷ Hilda Darmaini Siregar et al., "Islamic Religious Education: Definition, Objectives, Basis, and Functions of Students with Their Various Characteristics, Objectives, Materials, Success Measuring Tools, Including Types," *Islamic Religious Education : Definition, Purpose, Policy And Function* 2, no. 5 (2024): 132–33.

¹⁸ Akmal Hawi, *Competence of Islamic Religious Education Teachers* (PT. Raja Grafindo Persada, 2014).

¹⁹ Misyroh Ahmadi, "Analysis of the Purpose of Islamic Religious Education in Islamic Boarding Schools Based on Law No. 18 of 2019," *LITERACY (Journal of Educational Sciences)* 14, no. 1 (2023): 40, [https://doi.org/10.21927/literasi.2023.14\(1\).40-46](https://doi.org/10.21927/literasi.2023.14(1).40-46).

²⁰ Saifuk Akhyar Lubis, *Islamic Education Counseling Wahdatul 'Ulum Perspective*, 2021.

²¹ Sukatin et al., "The Theory and Function of Leadership in the World of Education," *Bunayya: Journal of Children's Education* 8, no. 1 (2022): 9, <https://www.jurnal.ar-raniry.ac.id/index.php/bunayya/article/view/12261>.

²² Muhammad Anggariawan, *MORAL EDUCATION IN THE BOOK OF RIYADHUS SHALIHIN, Carbohydrate Polymers*, vol. 6, 2019.

²³ Hasri Zahmi and Ahmad Rivauzi, "The Competence of PAI Teachers and Their Relevance to Contemporary Education from the Perspective of Imam Ibn Jamaah," *An-Nuha* 2, no. 2 (2022): 389–407, <https://doi.org/10.24036/annuha.v2i2.178>.

²⁴ Abdilllah, "Implementation of Demonstration Method in Fiqh Learning in Overcoming Student Learning Fatigue in Grade VII MTs NU Salafiyah Kenduren Wedung Demak."

Islamic Religious Education Materials

To form a Muslim person who is faithful, holy, and noble, Islamic religious education materials discuss various topics related to the Islamic faith. Some of the most important topics discussed in Islamic religious education include:

The Qur'an and Hadith

This material studies the Qur'an as the holy book of Muslims, starting from its history, contents, to how to read and understand it.

History of Islamic Culture

SKI learning is a learning activity that involves seeking an understanding of Islamic events in history, such as prophets, companions of the prophets, Islamic figures, and other phenomena, to continue to preserve culture and develop Islamic civilization²⁵.

Fiqh

Fiqh is an activity of learning to understand and practice worship and muamalah in accordance with Islamic law²⁶.

Islamic Religious Education Methods

The learning method of Islamic Religious Education (PAI) that is relevant to the current educational demands is the discussion method, which is an approach in which students are given a problem in the form of questions or problem formulations to be discussed and solved together²⁷. This method encourages students' active participation in the learning process, so that they not only passively receive information, but are also trained to think critically, express opinions, and work together in groups.

In the context of PAI, discussion is an effective means to deepen understanding of Islamic values, because students are invited to reflect on religious teachings in real life, such as in terms of morals, worship, and tolerance. In addition, this method also contributes to shaping the character of students, improving communication skills, and fostering mutual respect, all of which are part of the main goal of Islamic education²⁸.

Dhuha Prayer Activities

The Meaning of Dhuha Prayer

The Dhuha prayer is one of the sunnah worships that has great virtue in Islamic teachings. The implementation time begins from sunrise as high as a spear (about 15 minutes after sunrise) until before the time of the Dzuhur prayer. This prayer is usually performed in two to eight rak'ahs, although there is a history that states that the Prophet Muhammad (PBUH) once performed it up to twelve rak'²⁹ahs.

According to Camelia, the Dhuha prayer not only has a spiritual dimension as a form of self-approach to Allah, but also has a positive impact on inner peace and clarity of mind for those who do it regularly. Therefore, the Dhuha prayer is a highly recommended practice, not only as a form of individual worship, but also as an exercise in spiritual discipline that has a positive influence on the overall balance of a Muslim's life, both physically and ³⁰mentally.

The Basis of the Law of Dhuha Prayer

Abu Dzar narrated one of the hadiths about the Dhuha prayer. In this hadith, it is explained about the virtue of praying Dhuha two rak'ahs which can replace the tasbih, tahmid, takbir, amar ma'ruf, and nahi munkar

²⁵ Your Excellency, *An Overview of Islam and Ethics*, 2013.

²⁶ Abdillah, "Implementation of Demonstration Method in Fiqh Learning in Overcoming Student Learning Fatigue in Grade VII MTs NU Salafiyah Kenduren Wedung Demak."

²⁷ Ali Bowo Tjahjono, *Teaching and Learning Strategy Book*, 1987.

²⁸ M. Kholil Asy'ari, "ISLAMIC EDUCATION METHODS," *Qathruna* 1, no. 1 (2014): 193–205.

²⁹ Bagus Ramadhani, "A Complete Guide to Dhuha Prayer," 2021, 12–15.

³⁰ Camelia, "Dhuha Prayer Procedures Complete with Intentions and Prayer Readings," *Liputan6*, 2023.

(HR. Muslim)³¹. The second hadith was narrated by Zaid bin Arqam. According to Zaid, when the people of Quba' were carrying out the Dhuha prayer, the Prophet came. Seeing this, the Prophet Muhammad (saw) advised that people who repent pray in the hot sun (HR. Muslim)³².

Implementation Procedures

The Dhuha prayer is carried out for a minimum of two rak'ahs and a maximum of twelve rak'ahs, with each two rak'ahs ending with one salam. In its implementation, this prayer can be done individually or in³³ congregation. Before doing this sunnah worship, Muslims can first know the procedure for the dhuha prayer. The procedures are:

- 1) Reciting the Iftitah Prayer
- 2) Reciting Surah Al Fatihah
- 3) Reading a letter in the Quran. The first rak'ah reads Surah Ash-Shaam and the second rak'at of Surah Al Lail.
- 4) Ruku and recite the prayer beads three times.
- 5) Iktidal and read the reading.
- 6) Prostrate first and recite the prayer beads three times.
- 7) Sit between two prostrations and read the reading.
- 8) Prostrate the second time and recite the prayer beads three times.

The Benefits of Dhuha Prayer

Performing Dhuha prayers regularly has various benefits, including:

- 1) Rewards and Blessings: Everyone who performs the Dhuha prayer will receive rewards from Allah SWT and blessings in his life³⁴.
- 2) Peace of Mind: This prayer can provide peace and tranquility of soul for the performer³⁵.
- 3) Cleansing of Sins: Sunnah prayers such as Dhuha can help remove minor sins.

Implementation of Dhuha Prayer Activities in Schools

Several educational institutions have implemented Dhuha prayer activities as part of students' daily routines. For example, at MIN Bukittinggi City, Dhuha prayers are held every Tuesday morning before class hours start. At SD Muhammadiyah Wirobrajan I Yogyakarta, the habit of congregational Dhuha prayers is carried out every Tuesday to Friday, which aims to foster discipline and togetherness among students. This is done because of the extraordinary virtues of the Dhuha Prayer, as follows.

- 1) Safe from danger: by performing the Dhuha prayer, the believers ask Allah Subhanahu Wa Ta'ala to protect them from danger on that day³⁶.
- 2) There must be a balance in worship, as in life, between this world and the hereafter, between caring for others and caring for Allah (saw). This is shown in the Dhuha prayer³⁷.
- 3) The human body is made up of several joints, and each joint is responsible for performing alms every day. This means that replacing alms in each joint is a necessity.
- 4) Among the incomparable qualities is the fact that he is a sin remedy. At all times, man must violate the laws of Allah³⁸.

Student Learning Concentration

Definition of Learning Concentration

Learning concentration is a person's ability to concentrate fully on a learning activity in a certain period of time. Good concentration allows a person to understand, process, and remember information more

³¹ Muhammad Athiyah Al-Abrasy, *Tashil At-Tarbiyah Al-Islamiah* (Jakarta: Bulan Bintnag, 2002).

³² Squirrelly Salamudin, *It turns out that Sunnah Prayer & Fasting Can Accelerate Success* (Bandung: Ruang Kata imprint Kawan Pustaka, 2013).

³³ Camelia, "The procedure for the Dhuha prayer is complete with the intention and the reading of the prayer."

³⁴ "Muslims Must Know, Dhuha Prayer Procedures and Its Benefits!," 2024.

³⁵ Dany Gibran, "The Intention of Dhuha Prayer: Procedures to Its Virtues," CNBC Indonesia, 2024.

³⁶ Sigh, *The Greatness of Tahajud, Dhuha, Alms* (Surakarta: Al-Qudwah, 2013).

³⁷ Imam Ghazali, *A Prayer for the Salvation of Mankind* (Jakarta: Mitrapress, 2008).

³⁸ Abdul Hakim El-Hamidy, *The Secret Of 1/3 Tahajud, Fajar, Subuh, & Dhuha* (Source: Media, 2013).

effectively. According to Prambodo, in order for concentration to function optimally, efforts are needed to keep the mind focused on one task or activity that is being done within a predetermined time span³⁹.

In the learning process, concentration means really focusing on the subject matter and ignoring things that are irrelevant or distracting. Giving full attention to the lesson requires students to get rid of any form of distraction, such as noise, electronic devices, or floating thoughts, so that mental energy is fully directed to understanding the material being⁴⁰ studied. Thus, learning concentration is an important factor in determining a person's success in absorbing and mastering knowledge. To function properly, concentration requires keeping one's mind focused on one task for a set amount of time⁴¹.

Learning Concentration Indicators

According to Haryadi, the following are signs of focus on learning in this lesson⁴²:

- 1) Feelings and thoughts are intertwined throughout the lesson.
- 2) Everyone is paying attention.
- 3) Able to ignore things that have nothing to do with education.
- 4) Each of their ideas is focused on one thing

Elements That Affect Learning Concentration

According to Hakim, internal and external factors affect students' ability to concentrate on lessons⁴³.

- 1) Internal factors include characteristics that come from within the student himself, such as physical and spiritual components. The physical component includes the health condition, fatigue, and fitness of the body, while the spiritual component includes the motivation, interest, mental readiness, and emotional state of the student. When these internal conditions are in an optimal state, students will find it easier to concentrate and absorb information.
- 2) External factors are things that are beyond the control of students but greatly affect their learning environment. This includes the availability of learning resources such as books or learning media, comfortable air quality and room temperature, as well as a learning environment with minimal distractions such as noise or interruptions. These two factors interact with each other and determine the extent to which students can focus during the learning process, so it is important to pay attention to both for the sake of creating a supportive and productive learning atmosphere⁴⁴.

Several things can affect how focused a student is. Things like lack of interest in the topic being discussed, tension, anxiety, anger, attention, fear, resentment, unpleasant learning environment, poor health, and boredom are examples of this.

The Benefits of Dhuha Prayer on Students' Learning Concentration

The benefits of Dhuha Prayer for students' learning concentration are as follows⁴⁵.

- a. Improves Calmness and Focus

Dhuha prayers are known to help students achieve inner peace, which contributes to increased focus while studying. This calmness is important to create a mental state that is conducive to the learning process.

- b. Positive Influence on Discipline

³⁹ Ayuk Tyas Agustina; Anung Prambodo, "The Relationship Between Concentration Level and Petanque Sports Shooting Determination Results in Unesa Petanque Clup Participants," *Unesco* 3 (2017): 391.

⁴⁰ Anshori, "The Basic Concept of Learning and Learning in the Perspective of the Qur'an."

⁴¹ Muhammad Qasim, "Teaching Planning in Learning Activities," *Journal of Islamic Discourse* 04, no. 3 (2016): 484–92.

⁴² Herjadi Haryadi, "The Effectiveness of Edutainment Teaching Strategies with the Picture and Picture Method on the Concentration of Mathematics Learning of the Subject Matter of the Association in Grade VII Students of MTs. Darussalam Bermi Academic Year 2016/2017," *Scientific Mandala Education* 3 (2017): 91.

⁴³ Judge, "Internal Factors and External Factors That Affect Students' Learning Concentration," *Journal of Islamic Education and Research* 2, no. 2 (2020): 110–39.

⁴⁴ Practical, *High School Students' Learning Concentration and Gadget Use*, 1st ed. (Jakarta-Senayan: Center for Education and Culture Policy Research, Research and Development Agency, Ministry of Education and Culture, 2019).

⁴⁵ Herni Aliska, Muhammad Fadillah, and Diana Putri, "Strategies of Teachers of Moral Faith Subjects in Instilling Islamic Character of Students at MTs Raudhatul Jannah Kotabaru," *Almuawanah: Journal of Islamic Education* 3, no. 1 (2023): 57–65.

Performing dhuha prayers regularly can instill a disciplined attitude in students. This discipline is not only seen in the implementation of worship, but is also reflected in their responsibility for academic tasks.

c. Increase Enthusiasm for Learning

The dhuha prayer serves as an additional motivation for students to be more active in learning. This habit encourages students' enthusiasm and enthusiasm in following lessons, so that they are more active and involved in the learning process.

d. Mental Relaxation and Stress Reduction

The frequency of the implementation of dhuha prayers is directly related to the reduction of students' stress levels. Research shows that the more often students perform the dhuha prayer, the better the effect on concentration and stress reduction, which in turn improves their ability to understand the subject matter.

e. Improved Memory Ability

Students who regularly perform dhuha prayers report improvements in the ability to remember information taught in class. This is due to a better mental state and increased focus after performing worship.

f. Intellectual Intelligence

Dhuha prayer plays a role in increasing one's spiritual intelligence. Some of the reasons why dhuha prayer can increase intellectual intelligence include⁴⁶:

- 1) Knowledge is in essence the light of Allah
- 2) Dhuha prayers can soothe the soul.
- 3) Dhuha prayer improves the concentration of the mind.

Empirically, it has been proven that there is a significant relationship between the implementation of dhuha prayer and a decrease in stress levels. In the field of psychoneuroimmunology, dhuha prayers performed sincerely can improve positive emotional conditions and the effectiveness of body resistance⁴⁷. Positive emotions that are awakened through dhuha prayer can reduce stress. On the other hand, if the dhuha prayer is done without sincerity, it can actually cause stress due to increased cortisol secretion by the adrenal glands.

HarperCollins explains about relaxation techniques that can reduce stress and increase concentration through regular breathing patterns and mental focus. The process described in this book is in line with the movements and prayers in the Dhuha prayer, which can also produce a calming effect and lower levels of the stress hormone (cortisol). The Psychophysiological Relaxation Theory of Dhuha prayer includes body movements and soothing prayer readings. This process is similar to the scientifically proven meditation technique of increasing concentration⁴⁸.

According to research by Benson & Klipper in *The Relaxation Response*, activities involving regular breathing patterns, mental focus, and calmness can lower levels of the stress hormone (cortisol) and increase the ability to focus. Application to Dhuha Prayer: Prayer movements such as rukuk and prostration increase blood flow to the brain, which helps to refresh the mind. In addition, the recitation of the prayer that is lived provides a calming effect similar to mindfulness meditation⁴⁹.

The Rationalization of Dhuha Prayer for Learning Concentration

The rationalization of dhuha prayer can affect students' learning concentration based on the following aspects:

1) Calmness and Mental Focus

⁴⁶ "Dear Mrs. O'Neill, *Introduction to General Psychology Edition 4*, 2004.

⁴⁷ Elizabeth B. Hurlok, *Developmental Psychology*, 1980.

⁴⁸ Benson and Klipper, *The Relaxation Response* (New York: HarperTorch, 2000).

⁴⁹ Merli Novita Ni Luh Emilia, Juliana Neng Sarman, Nova Natalia Beba, Ida Yanriatuti, Yulian Heiwer Matongka, "The Effectiveness of Benson Relaxation Therapy To Reduce Anxiety in Student Competency Test Participants," *An Idea Health Journal* 2, no. 3 (2022).

Dhuha prayer as a sunnah worship performed in the morning helps to calm the hearts and minds of students. When the heart is calm and the mind is clear, it is easier for students to concentrate and focus on the subject matter. This is supported by the results of research that show that the habit of dhuha prayer helps students to be calmer and more focused during the learning process⁵⁰.

2) Concentration and Solemnity Training'

Dhuha prayer teaches students to practice concentration through solemn movements and readings. This process trains students' ability to control their thoughts so that they are not easily distracted, so that their ability to concentrate on learning increases.

3) Spiritual and Psychological Influences

The implementation of dhuha prayer provides inner peace and reduces stress, which psychologically increases students' mental readiness in learning⁵¹.

4) Formation of Discipline and Positive Habits

Routinely performing dhuha prayers also forms time discipline and positive habits that support the learning process. This discipline helps students manage their study time better so that their concentration on learning can be maintained.

METHODS

The method section in this journal outlines a comprehensive quantitative descriptive research design that explores the influence of Dhuha prayer on students' learning concentration. The conceptual definitions clarify the meaning of key terms such as Islamic Religious Education, Dhuha Prayer, and Student Learning Concentration, while the operational definitions specify measurable indicators like frequency, intensity, and duration of prayer, as well as focus and attention during learning, assessed via questionnaires. The study identifies two variables—Dhuha prayer as the independent variable and learning concentration as the dependent variable—each with specific indicators categorized into spiritual, psychological, social, and health dimensions for prayer, and comprehension, attention, application, and expression for concentration. The research is conducted at SDIT Abu Bakar Ash Shidiq Pati over two weeks in April to early May 2025, using purposive sampling to select students who regularly perform Dhuha prayer. Data collection involves documentation and Likert-scale questionnaires, while instrument reliability and validity are tested using IBM SPSS Version 22 to ensure the integrity of the findings.

RESULT & DISCUSSION

Simple linear regression is a statistical technique used to model and investigate the relationship between one independent variable (X) and one dependent variable (Y) in a linear manner. The purpose is to determine the influence of the independent variable (Dhuha prayer) on the bound variable (study concentration) and to predict the value of the dependent variable based on the value of the independent variable. Here are the results:

Table 1. Simple Linear Regression Equation Test Results

Type	Coefficient		Standardized Coefficients	t	Sig.
	Unstandardized Coefficients	Std. Error			
1 (Constant)	B		Beta		
	3,839	3,366		1,141	,259
Dhuha Prayer	,988	,084	,840	11,770	,000

⁵⁰ Momod Abdul Somad, "The Importance of Islamic Religious Education in Shaping Children's Character," *QALAMUNA: Journal of Education, Social, and Religion* 13, no. 2 (2021): 171–86, <https://doi.org/10.37680/qalamuna.v13i2.882>.

⁵¹ Sri Mawarti, "Understanding the Essence of Learning in Islam: A Model and Method," *MADANIA: Islamic Journals*, 2015, 49–74, <http://ejournal.uin-suska.ac.id/index.php/madania/article/view/4789>.

From the table above, the results obtained are entered into the formula of a simple regression equation as follows:

$$Y = a + bX$$

$$Y = 3.839 + 0.988X$$

Information:

Y = Learning Concentration

X = Dhuha Prayer

The explanation of the equation is:

- 1) The constant number is obtained with a value of 3.839. This means that if there is no implementation of the Dhuha prayer (value $X = 0$), then the average value of learning concentration is 3.839.
- 2) The regression coefficient was obtained with a value of 0.988. This means that every one unit increase in the implementation of the Dhuha prayer will increase the study concentration by 0.988 units, assuming *other variables* are fixed.

The magnitude of the influence of the variable of Dhuha prayer activities (X) on the variable of learning concentration (Y) is known through the results of the determination coefficient test as follows:

Table 2. Determination Coefficient Test Results

Model Summary				
Type	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.840a	.705	.700	4,09766

From the table above, the results of the determination coefficient test are 0.705 if expressed in percentages is 70.5%. Conclusion *variable* Dhuha prayer activities contribute 70.6% to *variable* concentration of learning. Meanwhile, 29.5% were influenced by other factors outside of this research model.

Discussion

Based on the results of a simple regression analysis, it shows an F value of 138.532 with a significance of $0.000 < 0.05$ which means that the variable of Dhuha prayer activities (X) has a positive impact on the variable of learning concentration (Y) of grade 6 students at SDIT Abu Bakar Ash Shidiq Pati. The result of the regression equation is $Y = 3.839 + 0.988X$, meaning that the constant number of 3.839 means that there is no implementation of the Dhuha prayer (X) then the learning concentration value is 3.839 and the regression coefficient number is 0.988 means that every 1% increase in the implementation of the Dhuha prayer will increase the learning concentration of students (Y) by 0.988.

The Dhuha prayer activity had an effectiveness of 70.6% in increasing student learning concentration (with a determination coefficient of 0.705), while the remaining 29.5% showed that other factors that were not studied affected students' learning concentration. According to Benson and Klipper, factors that affect study concentration, such as breathing patterns and mental focus, can reduce levels of the stress hormone cortisol, increase the ability to focus physical movements in prayer such as prostration and prostration, and increase blood flow to the brain so that it can refresh students' minds. The researchers found differences with previous researchers. Which includes sources, a list of statements, research places, methods, results, discussions, and supporting theories. So, the results show a difference.

CONCLUSION

Based on the research results, it can be concluded that the routine implementation of Dhuha prayer activities at SDIT Abu Bakar Ash Shidiq Pati has a positive and significant effect on increasing students' learning concentration. Conducted every morning before learning begins, this activity not only fosters religious values and discipline but also creates a calm and focused mental state in students, enhancing their readiness to absorb learning materials. Teachers' active involvement and the school's strong support further contribute to the program's success. The findings, supported by linear regression analysis, indicate that students who consistently participate in Dhuha prayers tend to show better focus, emotional stability, and academic engagement, confirming the spiritual activity's strategic role in improving cognitive performance and overall learning outcomes.

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