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EFFECTIVENESS OF THE TAHFIDZ AL-QUR'AN PROGRAM RIGHT BRAIN METHOD ON IMPROVING MI/SD STUDENTS' COGNITIVE LEARNING ACHIEVEMENT

EFEKTIVITAS METODE OTAK KANAN PROGRAM TAHFIDZ AL-QUR'AN TERHADAP PENINGKATAN PRESTASI BELAJAR KOGNITIF SISWA MI/SD

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Abstract

The Tahfidz Al-Qur'an program is a learning process that prioritizes achieving memorization of the verses of the Al-Qur'an. The more you memorize the Qur'an and the more perfect the results of memorizing the Qur'an, the more positive effects it will have on increasing concentration and maximizing brain function. Increasing learning achievement is a measure used to see whether the teaching and learning process at a school or madrasa is successful or not. The learning improvements that are expected to be achieved in this teaching and learning process are in the scope of cognitive learning achievement, affective learning achievement or psychomotor learning achievement. The method used in this research is to use a quantitative approach. Data were collected using a questionnaire distribution system and the results of the questionnaire assessment were calculated using the SPSS program to find out whether the Tahfidz Al-Qur'an program had an influence on increasing student learning achievement in the scope of cognitive learning achievement. The sample used in this research was students of MI Muhammadiyah 2 Ponorogo. The results of this research show that the T table test obtained a variable value for the Tahfidz al-Qur'an Program (X) with a significance value of 0.000, which is smaller than 0.05 or a calculated T of 4.179 which is greater than the T table with a value of 1,697. So the null hypothesis (H_0) is rejected and the Alternative Hypothesis (H_a) is accepted and it can be explained that there is a significant influence between the variable of the tahfidz al-Qur'an program (X) and the variable of increasing student learning achievement (Y). This provides positive results in increasing student learning achievement in the scope of student cognitive learning achievement..

Keywords: Tahfidz Al-Qur'an, Learning Pretation, Right Brain Method, Cognitive

Abstrak

Program Tahfidz Al-Qur'an menjadi suatu proses pembelajaran yang mengutamakan pencapaian hafalan dari ayat-ayat Al-Qur'an. Semakin banyak hafalan Al-Qur'an dan semakin sempurna hasil hafalan Al-Qur'an memberikan efek positif terhadap meningkat pula konsentrasi dan memaksimalkan fungsi otak. Peningkatan prestasi belajar menjadi ukuran yang digunakan melihat berhasil tidaknya dalam proses belajar mengajar pada suatu sekolah atau madrasah. Peningkatan belajar yang diharapkan dapat dicapai dalam proses belajar mengajar ini adalah pada lingkup prestasi belajar kognitif, prestasi belajar afektif ataupun prestasi belajar psikomotorik. Metode yang digunakan pada penelitian ini adalah dengan menggunakan pendekatan kuantitatif. Pengumpulan data menggunakan sistem penyebaran angket dan hasil dari penilaian angket dihitung menggunakan program SPSS untuk mengetahui apakah program Tahfidz Al-Qur'an memberikan pengaruh terhadap peningkatan prestasi belajar siswa pada lingkup prestasi belajar kognitif. Sampel yang digunakan pada penelitian ini adalah siswa-siswi MI Muhamadiyah 2 Ponorogo. Hasil penelitian ini menunjukkan uji T table didapatkan nilai variable Program tahfidz al-qur'an (X) dengan nilai signifikansi 0,000 lebih kecil dari 0,05 atau T hitung sebesar 4,179 lebih besar dari T tabel dengan nilai sebesar 1.697. Maka Hipotesis nihil (H_0) ditolak dan Hipotesis Alternatif (H_a) diterima serta dapat dijelaskan bahwasanya ada pengaruh yang signifikan antara variable program tahfidz al-qur'an (X) dengan variable peningkatan prestasi belajar peserta didik (Y). Hal ini memberikan hasil yang positif terhadap peningkatan prestasi belajar siswa pada lingkup prestasi belajar kognitif siswa.

Kata kunci: Tahfidz Al-Qur'an, Prestasi Belajar, Metode Otak Kanan, Kognitif

INTRODUCTION

Learning can be explained as an activity or process of thinking that occurs to oneself by someone in an effort to gain understanding or deepen certain abilities, both visible and invisible to the eye. (Syafi'i et al., 2018) Al-qur' An, which is the holy book of the Islamic religion, is the most perfect reference for living life in this world, not only for reading it, but more than that, it must be understood in real terms in order to get benefits both in this world and later in the afterlife. Tahfidz Al-Qur'an is a process or activity to memorize the Al-Qur'an by repeating it periodically, either by reading or by writing. Everything that is done repeatedly and periodically will form a strong habit so that it can have an influence on a particular task. (Djamion, 2019) Using the right brain method is a method that has the function of maximizing the function of the right brain, meaning that the left brain remains used as usual but adds the advantage of right brain function to support the Tahfidz program.

Tahfidz Quran has gained social support (Muawanah et al., 2022) the Koran is well received. The right brain method is also called the Wafa method which means maximizing the function of the right brain. With this method students are expected to be able to receive the learning process well because it uses a method that is currently popular, presented easily and of course fun and refers to the concept of Quantum

Teaching. (Dwiyanti et al., 2016) Learning achievement is a term that provides an explanation of the achievement of results that each individual wants to fulfill or achieve in a teaching and learning process. This achievement can be in the form of knowledge, proficiency in something learning or changes in attitude obtained in the teaching and learning process. The results of this learning process can provide an overview of individual abilities when mastering lesson material, being able to understand concepts and being able to apply these skills in the real world. (Djamion, 2019) Several things can be linked to increasing student learning achievement. Student learning achievement can be measured in several aspects. Learning achievements that can be measured are learning achievements in the cognitive learning achievement sphere, learning achievements in the affective sphere and learning achievements in the psychomotor sphere. (Nafiaty, 2021) If one of these aspects can be achieved well, the teaching and learning process can be interpreted as achieving increased learning achievement. student. Learning Tahfidz Al-Qur'an is an effort to increase the use of brain cells like other parts of the body, if they can be used optimally continuously then the brain intelligence you want to achieve will be formed by itself. (Siswanto & Izza, 2018).

As a result of this presentation, researchers were interested in conducting research on the influence of the tahfidz Al-Qur'an program on increasing the learning achievement of MI/SD students. This research was conducted at MI Muhammadiyah 2 Ponorogo. The Al-Quran tahfidz program implemented at MI Muhammadiyah 2 Ponorogo uses the right brain method or what is usually called the wafa method which is felt by students as a fun and simple method so it is easy to understand. The learning achievement that we want to measure is learning achievement in the scope of students' cognitive learning achievements. With the Tahfidz Al-Qur'an program using the right brain method, does it have an influence on increasing students' cognitive learning achievement at MI Muhammadiyah 2 Ponorogo?

METHODS

Research methods lead to the use of approaches that will be used in a research activity. This method must lead to the research that will be used, the methodology used in this research makes the scientific scope of research methods into one unit. (Zaluchu, 2020) This research uses quantitative methods which refer to ex post facto and survey approaches. Ex post facto research is one type of research in the field of natural or social knowledge. Ex post facto can be interpreted as meaning that a change in the independent variable has occurred so that it can have a causal influence on the observed research. (Sappaile, 2010) Meanwhile, the survey itself is a research method carried out to observe phenomena directly using sampling techniques. (Paramita et al., 2016) The method used for this research is a method with a quantitative approach. The quantitative approach provides a statement that the reality of social events and human behavior is objective so that it can be measured using valid and reliable instruments and supported by appropriate analysis, so you will get real research results. (Paramita et al., 2016).

Research requires variables as considerations for decision making in a study. A research variable can also be called an object used for research or whatever is determined by the researcher in a research process so that a conclusion can be

obtained from all the information that has been obtained. (Paramita et al., 2016) The variable used is the Tahfidz Al-Qur program 'an as Variable A sample is a subset of a population with certain characteristics and conditions which is the object of research. If the sample totals 100 samples then the entire sample is used so it is called population research, if there are less than 100 samples then 10%-15% is taken as the object of research. (Arikunto, 2002) The student population of MI Muhammadiyah 2 Ponorogo is 95 students. So all students should be involved in research. However, there are several things that make it impossible to use the entire sample. The sample used was students at levels 4, 5 and 6 with a total of 50 students. Of the 50 students, a sample of 30 students was used because there were some students who had basic delays in receiving learning materials. It can be concluded that the appropriate technique for this research is a sampling technique with a purposive sampling approach. The purposive sampling technique provides an explanation that the technique uses samples with certain criteria with subjective objectives or can be interpreted as all the information that the researcher will obtain is based on a group that is considered to have certain criteria that are in accordance with the research objectives. (Paramita et al., 2016).

The data collection techniques used are observation, questionnaires and documentation. Observation can be interpreted as a meeting between two people with the aim of exchanging information and ideas through a question and answer process to build understanding about a particular discussion topic. (Sugiyono, 2015) Questionnaires are a simple method of collecting data in textual and objective form which will later be distributed to MI Muhammadiyah 2 Ponorogo students after the students have filled in completely and will be collected again to recap and calculate the results of filling in the questionnaire. Documentation is a support for observation and distribution of questionnaires in the form of pictures or other things that are appropriate to the research.

RESULTS AND DISCUSSION

This research will test the quality of the item data that will be used for the research questionnaire. This test uses a validity test and a reliability test using the SPSS statistical program. The formula used to measure validity is a correlation formula or what is usually called product moment. (Sukendra, 2020) Validity test with a sample size of 30 students using the SPSS program. The results of the validity test of the question items can be seen in the following table:

Table 1. Question Item Validity Test Results

No	Variabel	No. Item	r hitung	r tabel	Keterangan
1.	Variabel (X)	X 1	0,740	0,632	Valid
	Program Tahfidzul Qur'an	X 2	0,900	0,632	Valid
		X 3	0,746	0,632	Valid
		X 4	0,722	0,632	Valid
		X 5	0,900	0,632	Valid
		X 6	0,951	0,632	Valid
		X 7	0,819	0,632	Valid
		X 8	0,740	0,632	Valid

	X 9	0,691	0,632	Valid
	X 10	0,691	0,632	Valid
	X 11	0,736	0,632	Valid
	X 12	0,900	0,632	Valid
2.	Variabel (Y)	Y 1	0,910	Valid
	Prestasi Belajar	Y 2	0,930	Valid
		Y 3	0,920	Valid
		Y 4	0,670	Valid
		Y 5	0,920	Valid
		Y 6	0,910	Valid

The results of the validity test calculation using the SPSS program with reference to the r table value are 0.632 with a significance comparison of 0.05 with a total of 10 respondents, the Tahfidzul Qur'an program variable with 12 questions declared valid and the student cognitive learning achievement variable with 6 questions. declared valid too. Based on the consideration that the calculated r has a value greater than the r table or the calculated r is greater than the significance value, namely 0.05.

The results of the validity test of the question items are declared valid, so the next step is to carry out a reliability test. Reliability testing can use the twelve two technique, a technique created by Spearman Brown (Split half), KR. 20, KR21 and Hoyt's anova and can also be done using the Cronbach's Alpha technique. (Sukendra, 2020) The results of the test item reliability with a sample size of 10 students can be seen in the following table:

Table 2. Reliability Test of Question Items

No	Variabel Penelitian	Jumlah Item Butir Soal	Hasil Uji Reliabilitas	Keterangan
1	Variabel (X) Program Tahfidzul Qur'an	12	0,855	Reliabel
2	Variabel (Y) Prestasi Belajar	6	0,692	Reliabel

Based on observations from the table above, it is said that the instrument has an influence on the Tahfidzul Qur'an Program with the right brain method on students' cognitive learning achievement by having a variable level of reliability (X), namely the Tahfidzul Qur'an Program with a reliability test result of 0.855 and variable (Y) namely, Learning Achievement with a reliability test result of 0.692 is declared reliable, because the Crombach Alpha value is greater than rtable 0.6. So this instrument can be used to obtain further data.

The value data resulting from the distribution of questionnaires will be tested for normality. The normality test is carried out to find out whether the results from the questionnaire distribution can be distributed normally for further testing. The results of the normality test of the tahfidz al-Qur'an program on increasing the

cognitive learning achievement of MI Muhammadiyah 2 Ponorogo students are as follows:

Table 3. Normality Test

Unstandardized Residual		
N		30
Normal Parameters ^{a,b}	Mean	,0000000
	Std. Deviation	2,53018188
Most Extreme	Absolute	,116
Differences	Positive	,116
	Negative	-,079
Test Statistic		,116
Asymp. Sig. (2-tailed)		,200 ^{c,d}

Normality test results can be considered normal if the significance value is > 0.05 . Conversely, if the significance value is <0.05 , then the residual value is considered not normally distributed. Based on the results of normality testing in this research, which are listed in the table above, it can be concluded that the significance value of normality testing is 0.200. This shows that this value has a significance greater than 0.05, so the residual is considered normally distributed.

The linearity test is to identify the existence of a linear relationship between the dependent variable and the independent variable, and vice versa. The following is a table showing the results of linearity testing carried out by researchers using the SPSS application:

Table 4. Linearity Test

		Sum of Squares	df	Mean Square	F	Sig.
Kognitif * Tahfidz	Between Groups	211,167	17	12,422	1,651	,191
	Linearity	115,814	1	115,814	15,391	,002
	Deviation from Linearity	95,353	16	5,960	,792	,674
	Within Groups	90,300	12	7,525		
	Total	301,467	29			

The results of this panel's linearity test, which can be seen in the table above, obtained a deviation from linearity significance value of 0.674, so the deviation from linearity linearity test in this study was 0.674, having a value greater than 0.05, meaning that the tahfidzul qur'an program variable has a linear relationship with the learning achievement variables achieved by students.

A research hypothesis is the conclusion of a study. There are 2 research hypotheses, namely the alternative hypothesis (H_a) and the null hypothesis (H_0). In this research the researcher will develop a hypothesis as follows:

Ha: The Tahfidz Al-Qur'an program has had a significant influence in improving students' cognitive learning achievement at MI Muhammadiyah 2 Ponorogo.

H0: The Tahfidz Al-Qur'an program does not have a significant influence in increasing students' cognitive learning achievement at MI Muhammadiyah 2 Ponorogo.

The analysis that will be carried out in the following research is to get an answer to whether the research hypothesis is acceptable or unacceptable. In this case, it is to find out whether there is an influence between the Tahfidzul Qur'an program that students participate in and has an influence on students' learning achievement. Test the research hypothesis using the SPSS application with the following results

Tabel 5. Hypothesis testing

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,620 ^a	,384	,362	2,575

According to the results of the table above, it explains the relationship between participation in the Tahfidzul Qur'an program and learning achievement. The determination efficiency (R Square) is 0.384, so the influence of the relationship between variable (X) of the tahfidz al-Qur'an program has an influence on variable (Y) increasing students' cognitive learning achievement. According to the results of the table above, it can be explained that participation in the Tahfidz Al-Qur'an learning program has an influence of 0.384, in other words, the Tahfidz Al-Qur'an program has an influence of 38.4% on increasing students' cognitive learning achievement and the shortcomings of that percentage. influenced by other factors that are not included in the discussion of this research.

The T test or null hypothesis (H0) shows that there is no regression relationship, while the alternative hypothesis (Ha) is that there is a regression relationship. The null hypothesis area (H0) is rejected if it has a significance value smaller than the significance value of 0.05 or the calculated T value is greater than the T table which has a value of 1.697 and the alternative hypothesis (Ha) is rejected if the significance value is greater than 0.05 or T count has a smaller value than T table which has a value of 1.697. So it can be concluded that the significance value of the T test in the table above is that the significance value of 0.000 is smaller than 0.05 and the calculated T value of 4.179 has a value greater than 1.697, meaning that the T test shows the influence of the tahfidz al-Qur'an program on achievement. Study.

Table 6. T Test Results

Model	Unstandardized Coefficients		Standardized Coefficients Beta	t	Sig.
	B	Std. Error			
1	(Constant)	7,956	2,574	3,091	,004
	Tahfidz	,299	,071	,620	4,179

Based on the research results above, students' active participation in the Thfidz Al-Qur'an program implemented at MI Muhammadiyah 2 Ponorogo means there can be changes in increasing students' cognitive learning achievements. The SPSS program calculation results provide an explanation that the calculated T value is 4.179 or the significance value shows a value of 0.000. The t table value shows a value of 1.697 with a comparison of the calculated t value of 4.179 or a significance value of 0.05 and a significance value of the calculation results of 0.000. Based on the comparison that the t table value is smaller than the calculated t value or the significance value is smaller than the table significance value, the Tahfidz Al-Quran program has a significant influence. Based on the results of calculating the coefficient of determination (R Squer) which shows a value of 0.384 or a reading bias of 38.4%, it can also be stated that the Tahfidz Al-Quran program using the right brain method has a significant influence of 38.4%. Even though it is said that the influence is small, it is a good achievement because it seems that there is an influence. And it is stated that both variables have an influence.

This is in line with research where optimizing the right brain can be done distinguish shapes, understand geometric properties, read faces, music, global holistic processing, understanding metaphors, expressing emotions and reading emotions (Oflaz, 2011). Right brained students who were good at responding demonstrating instructions and visuals showed a good performance in the Vocabulary part. As being open to open ended questions they were also good at the writing part (Oflaz, 2011).

CONCLUSION

This research was conducted at MI Muhammadiyah 2 Ponorogo. This research was conducted to find out what effect there was after the tahfidz Al-Qur'an program using the wafa method on increasing students' cognitive learning achievement. The results of the conclusions of this research are as follows:

The results of the T table test showed that the variable value of the Tahfidz Al-Qur'an Program (X) had a significance value of 0.000, which was smaller than 0.05 or the calculated T was 4.179, which was greater than the T table with a value of 1,697. So the null hypothesis (H_0) is rejected and the Alternative Hypothesis (H_a) is accepted and it can be explained that there is a significant influence between the variable of the tahfidz al-Qur'an program (X) and the variable of increasing student learning achievement (Y).

Meanwhile, the results of the determination coefficient test (R squer) show a value of 0.384 from the calculation results. So we can conclude that the influence of the tahfidzul quran program on increasing student learning achievement obtained a coefficient value of 0.384 or 49.9%. So it can be explained that with the tahfidzul quran program, students whose learning achievement increased was 38.4%.

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