

Internalization of Religious Values Through Dhuha Prayer in Early Childhood

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ABSTRACT

This study aims to explore the process of internalizing religious values through the implementation of Dhuha Prayer in early childhood, using a Qualitative approach and Case Study type. Data collection methods involved Participant Observation, In-Depth Interviews, and Documentation. Data analysis followed the Miles & Huberman Technique, including data reduction, data presentation, and conclusion drawing. The research findings show that the application of religious values through Dhuha Prayer in early childhood at RA Muslimat NU 024 Ponorogo has a significant positive impact, especially in the spiritual and social dimensions. A holistic approach involving education and parental participation in introducing the Dhuha Prayer contributes greatly to children's character building. Values such as patience, discipline, responsibility, gratitude, humility, and tawakal become an integral part of the children's spiritual development. The positive impact is also reflected in the social dimension, where children show concern and empathy for others.

Keywords: Internalization, Religious Values, Dhuha Prayer, Early Childhood.

INTRODUCTION

The importance of early childhood education in shaping children's character and morality is enormous, because in this phase, children tend to absorb information and experiences quickly. Education not only serves as a place to develop children's potential, but also as a basis for forming a healthy personality. One of the critical aspects in this process is

the introduction of religious values. At an early age, children are not only able to recognize these values, but also understand them more deeply. Therefore, educational institutions need to adopt an appropriate and in-depth approach to internalizing religious values, creating an environment that supports children's spiritual and moral development. Thus, early childhood education is not only about academic knowledge, but also about forming a solid value base, guiding children towards adulthood with a strong character based on morality. (Suyadi and Maulidya Ulfal, 2015, 17)

In the midst of the complexity of global challenges and cultural changes that continue to develop, the importance of children's character building in facing the dynamics of the times is increasing. One of the footholds that can strengthen children's character is the strengthening of religious values. In this context, the implementation of Dhuha Prayer, as a sunnah worship activity, promises great potential as a means to internalize religious values in early childhood. Education that starts early has a significant impact on the child's developmental phase. It is expected that through this education, children can develop the ability to distinguish between good and bad, right and wrong, and apply this understanding in everyday life. (Tambak, H. N., 2021)

The implementation of Dhuha Prayer in the context of educational institutions, such as RA Muslimat NU 024 Ponorogo, demands a deep understanding of its dynamics and impact on children's development. This process involves understanding how such worship activities can be effectively integrated in the educational curriculum. In addition, the institution must ensure that educators have an adequate understanding of the values to be inculcated, and they must also understand their role in guiding children to absorb and internalize the meaning of the Dhuha Prayer. (Nursamsi, D. J., & Jumardi, J. (2022), 6(5)). Thus, educational institutions can be active agents in shaping children's character according to the foundation of strong religious values, creating a resilient generation amid the complexity of modern times.

Educational institutions such as RA Muslimat NU 024 Ponorogo have an important role in shaping the character and spirituality of early childhood. With its roots in the heritage of

Islamic boarding schools and Islamic education in Indonesia, RA Muslimat NU 024 Ponorogo as a pioneer in portraying great potential as an effective platform for internalizing religious values. One aspect that is strongly emphasized in this institution is the implementation of the Dhuha Prayer, which is not only considered as a worship routine, but also used as a means of providing moral learning and increasing aspects of spirituality in children. Through Dhuha prayer, children are invited to soak in moments of togetherness with God, expand their spiritual awareness, and strengthen their relationship with the teachings of Islam. With this approach, RA Muslimat NU 024 Ponorogo not only functions as a formal educational institution, but also as a frontline in shaping a young generation with good morals and a solid spiritual foundation.

However, a number of challenges arise in implementing Dhuha prayer in early childhood. Factors such as children's understanding, parental support and limited resources are critical aspects that need to be evaluated. While Dhuha prayers can be a means of establishing religious values early on, children may face difficulties in understanding the meaning and purpose of the act of worship. In addition, parental support is also an important factor, as without understanding and support from the family, the implementation of Dhuha prayers in early childhood can be more complex. Limited resources, both physical and time, can also be an obstacle that needs to be overcome in an effort to introduce the implementation of this activity. Therefore, research on the internalization of religious values through Dhuha Prayer in early childhood at RA Muslimat NU 024 Ponorogo is relevant to gain deeper insight into the potential, obstacles, and benefits that can be obtained through this practice. With a better understanding of the dynamics of Dhuha prayer implementation at this age level, more effective and sustainable measures can be designed to support the formation of character and religious values from an early age.

Through this research, it is hoped that its contribution can complement the understanding of the effectiveness of Dhuha Prayer as a means of internalizing religious values in early childhood. In-depth analysis of this religious practice is expected to reveal its specific impact in shaping the character and spirituality of children in the early phase of life

development. It is expected that the results of this study will serve as a scientific basis for the development of more efficient educational methods in using the Dhuha prayer as a tool to shape religious awareness in children. In addition, the recommendations from this study are expected to provide practical guidance for similar educational institutions to strengthen religious approaches in their curriculum, with the aim of having a sustainable positive impact on children's spiritual and moral development in the future.

RESEARCH METHOD

In this research, the research method used is a qualitative approach with a case study type. Data collection was conducted through three main techniques, namely Participant Observation, In-Depth Interviews, and Documentation. Participant observation allows researchers to be directly involved in the situation or context of the research, while in-depth interviews provide an opportunity to obtain more detailed perspectives and information from participants. In addition, data collection also involves analyzing documents relevant to the research topic. The data analysis process followed a systematic method, namely the Miles & Huberman Technique, which involves data reduction, data presentation, and conclusion drawing. This approach ensures that the data collected is thoroughly analyzed to generate a rich and in-depth understanding.

RESULTS AND DISCUSSION

Forms of Religious Values Through Dhuha Prayers in Early Childhood at RA Muslimat NU 024 Ponorogo

Religious values are very important to be instilled from an early age so that children can grow into individuals who have spiritual depth. One form of worship practice taught to young children at RA Muslimat NU 024 Ponorogo is the Dhuha Prayer. Dhuha prayer is not only a worship obligation, but also a means of strengthening religious values in children's daily lives.

Spiritual intelligence includes the ability to give religious meaning to every behavior and activity in daily life. It involves steps and thoughts that are fitrah in nature, leading to human wholeness (hanif) with an integrated tawhidic thought pattern. Spiritual intelligence

enables individuals to understand that their actions and decisions should reflect an awareness of God's existence. Thus, a person with spiritual intelligence can integrate religious values in all aspects of their life, making worship not just a routine, but also a deep moral guide. The underlying principle of spiritual intelligence is the realization that every action is done only for God, creating balance and harmony between spirituality and daily life. (Ary Ginanjar Agustian, 2001, 57)

Through the implementation of Dhuha Prayer, children not only learn about the routine of worship, but are also given the opportunity to instill gratitude to God. This prayer is a moment where they are taught to recognize the existence of God who always provides blessings and grace in their lives. In the process, children are guided to understand that Dhuha Prayer is a form of expression of gratitude to God, both for big and small blessings. More than just physical movements, this prayer teaches the value of gratitude as the basis for the formation of children's personalities. They are invited to be grateful in all situations, developing an appreciative attitude towards every gift given by God. Thus, Dhuha Prayer is not only an obligation of worship, but also a means of education for deep spiritual values.

Gratitude is a manifestation of recognition of the favors given by Allah SWT. The essence of gratitude lies not only in the gratitude latent in the heart, but also in the concrete actions to manifest those favors. Expressing gratitude includes using the favor according to the will of the Giver, as well as expressing gratitude in words. Essentially, manifesting the favor means honoring the giver in an appropriate manner and ensuring that the favor is not neglected or wasted. On the other hand, ingratitude, or *kufr*, can be defined as behavior that implies non-acknowledgment of the favors received. This includes misuse of the blessings, inappropriate use, or even hiding the existence of the blessings. Therefore, *kufr* does not only occur in an ungrateful heart, but also involves actions that cover up or ignore the blessings that have been given. (Muhammad Quraish Shihab, 1996, 216)

In addition, Dhuha prayers also teach children the importance of having discipline in their daily routines. Through this act of worship, children are taught to set aside time in the morning to worship Allah, even when the temptation of other activities may draw their

attention. This action not only creates an awareness of the precious value of time, but also instills principles of discipline that are relevant in everyday life. By performing Dhuha Prayers, children learn that discipline in worship is not only limited to managing time, but also forms a strong and steadfast character. They realize that this discipline is a solid foundation in facing various tests of life, helping them grow into resilient and responsible individuals.

Discipline is a process that aims to change children's attitudes and behavior, so that they can grow into individuals who are right and acceptable to society. Discipline involves teaching, guidance, and encouragement given by adults as a form of assistance to help a person achieve optimal development. By providing clear and consistent direction, discipline creates a framework that allows children to understand the boundaries that exist in society. Through this process, children learn about responsibility, respect for others, and values that shape their character. Therefore, discipline is not just rules and restrictions, but also a form of mentoring that supports the positive growth and development of individuals in their social environment. (Maria J. Wantah, 2005, 176)

Dhuha prayer at RA Muslimat NU 024 Ponorogo is not only a means of worship, but also a means to instill social values and concern for others in children. Here, it is not only about understanding the virtues of worship, but also developing an attitude of empathy and attention to the needs of others around them. Children are taught that life is not only about self, but also about being an individual who cares about the plight of others. Through Dhuha prayer, they learn to see and respond to the needs of others, thus forming a generation that is not only independent but also compassionate and socially conscious. Thus, the Dhuha prayer at RA Muslimat NU 024 Ponorogo not only creates a vertical connection with God, but also strengthens horizontal relationships between individuals in a harmonious environment.

Attitudes and behaviors that demonstrate social concern reflect a genuine urge to provide assistance to individuals and communities in need. People with this character are usually very sensitive to the conditions around them and feel responsible to participate in improving the common welfare. They are not only focused on self-interest, but also recognize

the importance of mutual cooperation in building a better community. Their sensitivity to inequality, economic hardship, or other social issues encourages them to get involved in charity work, volunteer, or contribute other efforts that can have a positive impact on many people. Thus, the character of social care is not only part of the personality, but also the basis for creating a more inclusive society that is responsive to common needs. (Daryanto & Suryatri Darmiatun, 2013, 142)

Overall, the Dhuha Prayer at RA Muslimat NU 024 Ponorogo is not only carried out as a worship obligation, but is also considered an effective means of instilling solid religious values in early childhood. Through this learning activity, it is hoped that children can form a strong spiritual foundation, becoming a generation that grows with a deep understanding of the teachings of Islam. More than just a routine of worship, Dhuha Prayer is integrated as part of character education, teaching morality, patience and perseverance. Thus, the ultimate goal is to create a generation that is not only religious, but also noble. By having a solid religious foundation, it is hoped that these children can later act as agents of positive change in society, making meaningful contributions and helping to shape a better environment holistically.

Implementation of Religious Values Through Dhuha Prayers in Early Childhood at RA Muslimat NU 024 Ponorogo

The implementation of religious values through Dhuha prayer in early childhood at RA Muslimat NU 024 Ponorogo is an important aspect in shaping children's character and spirituality from an early age. RA Muslimat NU 024 Ponorogo runs a special program that aims to introduce and encourage the practice of Dhuha prayer as a form of worship that teaches discipline and obedience to God. The approach used in the implementation of religious values through Dhuha prayer at RA Muslimat NU 024 Ponorogo includes aspects of education and habituation. Teachers in this RA not only provide knowledge on how to perform Dhuha prayer, but also provide an understanding of the meaning and purpose of this worship. They focus on the moral and spiritual values contained in Dhuha prayer, such as perseverance, patience, and gratitude to God.

The application of habits is considered a very effective method at this stage of early childhood development because during this period, children have strong memory recording abilities and personality characteristics that are still not fully developed. Children at this age tend to be very responsive to their surroundings, so they are easily guided by the habits they experience every day. By focusing on positive habituation, such as daily routines, behavioral norms, and moral values, children can better form the foundations of their personality. Through the introduction of good habits and positive values early on, it can help shape their character and facilitate the process of self-recognition and social adaptation in the future. (Novan Ardy Wiyani, 2014, 195)

In the school environment, the introduction of Dhuha prayer has become a scheduled activity that has a positive impact on students' spiritual growth. In this endeavor, the school provides opportunities for students to get to know and perform Dhuha prayer regularly. By adjusting the schedule to suit learning activities, children can experience the spiritual and well-being benefits that come from performing Dhuha prayers. Not only does it create awareness of the importance of worship in daily life, this routine also shapes character and morals in students. (Salmawati, S.dk., 2021)

In addition, this school actively involves parents in the process of habituating Dhuha prayer in children. By involving families, RA Muslimat NU 024 Ponorogo tries to create an environment that supports the development of religious values in early childhood. Parents are invited to participate in Dhuha prayer activities with children, so that the learning process can take place not only at school, but also in the family environment.

Child development is the result of a complex interaction between various factors, such as experience, environment and education. The role of the environment in which children grow up is crucial in shaping their character, values and skills. Interactions with people around them, including family, peers and community, lay the foundation for children's social and emotional development. Diverse life experiences provide children with opportunities to learn, adapt and hone the skills needed to face life's challenges. Both formal and informal education play a crucial role in shaping children's intelligence, providing knowledge and

developing academic skills. Therefore, it is important for communities and families to create supportive environments, provide diverse experiences and offer quality education. In this way, children's development can reach an optimal and balanced level, creating resilient and future-ready individuals. (Muhibbin Syah, 2014, 19)

The Dhuha prayer not only involved kindergarten students, but also warmly involved students from grades 1 and 2. A blue atmosphere of togetherness was created when the children from various levels gathered to pray Dhuha together. The kindergarten students looked so excited and full of enthusiasm, their faces glowing with happiness as they actively involved themselves in every rakaat of Dhuha prayer. This togetherness not only strengthens the relationship between educational levels, but also instills religious values and togetherness from an early age. (Maulani, S., & Mutiara, S., 2023)

By implementing this step, RA Muslimat NU 024 Ponorogo is committed to carrying out the important task of shaping a young generation that has a solidity in the spiritual dimension as well as a deep understanding of the relationship with God. The main focus is to introduce the practice of Dhuha prayer from an early age as a key foundation for developing children's character. The hope is that the religious values instilled in their daily routines will become strong moral guidelines. By practicing Dhuha prayer, it is hoped that these children will gain a deeper understanding of the spiritual dimension, thus creating a balance between spiritual life and daily activities. The ultimate goal of this endeavor is to create a younger generation that not only possesses moral integrity, but also becomes responsible individuals who positively impact society.

The Impact of Religious Values Through Dhuha Prayers on Early Childhood at RA Muslimat NU 024 Ponorogo

Dhuha prayer has a significant impact in shaping religious values in early childhood at RA Muslimat NU 024 Ponorogo. Through the implementation of Dhuha Prayer, children are taught to strengthen their spiritual relationship with God. As they stand before God, they learn to internalize the meaning and values contained in each prayer movement. Thus, the Dhuha Prayer is not only a formal worship routine, but also an effective means of moral

education for children. In this process, they become more aware of God's presence in every aspect of their daily lives. Dhuha prayer guides them to understand that obedience to Allah is not only limited to the time of worship, but includes all positive actions and behaviors that can develop their character and morality. Thus, the Dhuha prayer is not only a religious obligation, but also a strong foundation in shaping personality and Islamic values in early childhood at RA Muslimat NU 024 Ponorogo.

Dhuha prayer creates its own specialty in improving concentration and overcoming boredom, especially in the context of learning activities. When one is dealing with a variety of subject matter, the mind can often experience fatigue and boredom. However, by practicing Dhuha prayer regularly, one can find peace of mind and spiritual strength that provides an easy solution to the challenges faced. Faithfulness in performing this act of worship helps to maintain focus and clarity of mind, allowing one to more easily absorb and deeply understand subject matter. Thus, academic achievement can reach the expected level, and can even produce satisfactory achievements. Dhuha prayer is not only a form of worship, but also a source of inspiration and motivation to achieve academic success. (M. Khalilurrahman Al-Mahfani, 2008, 163)

During the implementation of Dhuha Prayer at RA Muslimat NU 024 Ponorogo, children are involved in an act of worship that not only teaches them to pray, but also emphasizes its deep meaning. In this process, children are taught to focus their attention, maintain khushu', and surrender themselves completely to Allah SWT. This teaching aims to form an attitude of patience, discipline, and responsibility at an early age. In addition, through Dhuha Prayer, children are given the understanding to be grateful for the favors and gifts that Allah has given them. This process not only creates a sense of gratitude, but also forms an attitude of humility and tawakal in dealing with various aspects of life. Thus, Dhuha Prayer is not only a ritual of worship, but also a vehicle for deep character building for the younger generation at RA Muslimat NU 024 Ponorogo.

The importance of spiritual needs in human life is significant as an attempt to maintain and restore faith in the spiritual and religious realm. Many individuals find it important to

fulfill these needs as a way to find meaning in life and achieve inner peace. Efforts to maintain a relationship with God and deepen the spiritual dimension involve the practice of worship, prayer and self-introspection. In addition, the need for forgiveness is also an integral part of the spiritual dimension, where one seeks to rid oneself of sins and mistakes and take steps towards self-improvement. By fulfilling these spiritual needs, one can achieve holistic well-being that encompasses the physical, emotional and social aspects of their life. (Achir Yani S Hamid, 2008, 2)

Dhuha prayer not only has a positive impact on spiritual aspects, but also contributes to children's social development. In the implementation of this religious practice, children learn to interact and support each other. The environment of RA Muslimat NU 024 Ponorogo serves as an enabler that creates a positive and supportive atmosphere for children's growth and development in Islamic values. Through the Dhuha Prayer, they not only deepen their spiritual relationship with God, but also build strong socialization and mutual support. The togetherness in performing this act of worship also plays a role in shaping children's character, teaching them the values of brotherhood, cooperation, and empathy. Therefore, Dhuha prayer is not only a religious obligation, but also a tool that enriches the social dimension and human values for the children in the neighborhood.

Social development plays an important role in a child's growth, as their skills in adapting to the wider social environment continue to develop. This process involves the child's ability to understand others, including their ability to describe the unique features of each individual. In addition, it is important for them to develop the skill of recognizing the thoughts, feelings and desires of others. Over time, it is expected that children will be able to internalize others' points of view, forming a solid foundation for the ability to communicate and interact positively in society. A mature understanding of these aspects allows children to build healthy social relationships and enriches their overall social life. (Christiana Hari Soetjningsih, 2012, 264)

Through the implementation of Dhuha Prayer, RA Muslimat NU 024 Ponorogo is committed to forming a solid foundation for religious values in early childhood. Wisely, they

integrate this religious activity into the educational process, ensuring that learning not only includes formal knowledge, but also involves direct experience in feeling God's presence in daily life. Dhuha prayer is considered not just a routine activity, but rather a key element in shaping children's character and morals. The school actively engages students in religious activities, ensuring that their growth is not only focused on academic intelligence, but also on strong spiritual sensitivity. As such, the practice of Dhuha Prayer is expected to have a positive impact that will guide the children in their journey through life. They are expected to face various challenges with inner calmness and wisdom that stem from the religious values they learn.

CONCLUSIONS

The implementation of religious values through Dhuha Prayer in early childhood at RA Muslimat NU 024 Ponorogo has a significant positive impact, especially in spiritual and social aspects. An approach that includes educational aspects and involves parents in the habituation of Dhuha Prayers makes a major contribution to the formation of children's character. Values such as patience, discipline, responsibility, gratitude, humility, and tawakal become an integral part of children's spiritual development. In addition, the positive impact is also seen in the social aspect, where children learn to care and empathize with others. Thus, through the Dhuha Prayer activity, RA Muslimat NU 024 Ponorogo succeeded in becoming an effective forum in shaping religious values in early childhood, creating a strong and noble generation.

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