

## **Implementation of Dhuha Prayer in Improving Spiritual Intelligence in Students in Palembang**

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### **ABSTRACT**

Spiritual intelligence (SQ) is intelligence that elevates the function of the soul as an internal device that has the ability and sensitivity to see the meaning behind a particular reality or event. Spiritual Intelligence is an intelligence that a student must have and must have and should maximize the cultivation of religious values and also maximize religious activities, one of which is the implementation of the Dhuha prayer. The aim of this research is to find out how the implementation of the Dhuha prayer improves the spiritual intelligence of students in Palembang. The research was carried out using a descriptive-qualitative approach, the research setting was in the Laboratory of the Faculty of Psychology, Raden Fatah State Islamic University, Palembang. The subjects of this research were students at the Sriwijaya Palembang Polytechnic, Department of Electrical Engineering. Research data was obtained through observation, interviews and documentation. The results of the research that the researchers obtained were the implementation of the Dhuha Prayer to achieve optimal spiritual intelligence.

**Keywords:** Therapy, Dhuha Prayer, Spiritual Intelligence

### **Introduction**

Islam pays attention to the reality of human life, despite the fact that man has been declared as a being who has advantages compared to other creatures. However, man has weaknesses, tendencies, and a wide variety of material and spiritual needs. With these weaknesses, it is very possible for humans to make mistakes as well as violations (Hayati, 2017).

In terminology, spiritual intelligence is the main intelligence that can solve various problems of meaning and value, place an action or a way of life in a very broad context, and meaningful. This intelligence, is a very extraordinary intelligence because it comes from the deepest radiance of the heart which is commonly referred to as fitrah. This intelligence can radiate and strengthen the human spirit which can cause various positive things, form good behavior, have high life values and vision as well as be sincere and patient in facing various trials (Fahrissi, 2020).

According to (Habibi, 2020), spiritual intelligence is a potential ability possessed by every human being that allows them to realize and determine meaning, values, morals, as well as love for greater power towards fellow living beings, because they feel part of that whole. And this is what allows people to put themselves and live more positively with wisdom, peace, and happiness. A spiritual intelligent person in an Islamic perspective, is one who relies his principles only on Allah Almighty. simply and without doubt as to every thing they have believed in according to divine provisions. As the word of Allah SWT. in Q.S Fushshilat verse 30 which reads:

إِنَّ الَّذِينَ قَالُوا رَبُّنَا اللَّهُ ثُمَّ اسْتَقَامُوا تَتَنَزَّلُ عَلَيْهِمُ الْمَلَائِكَةُ أَلَّا تَخَافُوا وَلَا تَحْزَنُوا وَأَبْشِرُوا بِالْجَنَّةِ الَّتِي كُنتُمْ تُوعَدُونَ

Meaning: *Behold, those who say, "Our Lord is God" and they confirm their stand, and angels will come down to them (saying), "Do not be afraid, nor grieve; and rejoice ye in the heaven which has been promised unto you."* (Susilawati, 2023).

In the Islamic perspective, one's life should be above the commitment of "my prayer, my worship. My life, and my death are for God alone." This shows that in every personal act or behavior of a Muslim, it must be based on sincerity as a servant of Allah who should serve Him. This commitment can only be carried out if one can function their spiritual intelligence optimally. This spiritual intelligence is the ability of humans to give spiritual meaning to thoughts, behaviors, activities, and is able to synergize IQ, EQ and SQ comprehensively (Suhifatullah, 2024).

In this case, researchers want to examine the level of spiritual intelligence of a student who experiences authoritarian parenting. Authoritarian parenting is a parenting style that is the opposite of democratic parenting which is characterized by a tendency to set absolute standards and must be followed, this parenting style is usually accompanied by threats. This form of parenting emphasizes more on parental supervision or control shown so that a child obeys (Taib Bahrn, 2020). Authoritarian parenting is a form of parenting that requires children to obey and submit to all orders and rules made by parents without the freedom to ask questions or express their own opinions (Santrok, J.W, 2002).

To increase spiritual intelligence in students who experience this form of authoritarian parenting, researchers use dhuha prayer therapy which is believed that this therapy can improve the spiritual intelligence of these students. Researchers hope that this dhuha prayer therapy can make subjects more disciplined, and focus on learning and being honest, responsible and have other positive attitudes.

Islam regulates human relations, both vertically, namely the relationship between humans and His God, and horizontally, namely the relationship between humans and humans, and humans with the surrounding nature or often referred to as morals between others. Allah Almighty. created man only to serve Him. Religion can be interpreted as demand or in Samit language means law or law. Or in Arabic it also means mastering, subduing, obeying, reciprocating, and habit. In this case, religion does bring regulations that have laws that must be obeyed (Suparman, 2001). Prayer is the most important worship for Muslims. Salat itself comes from Arabic which means prayer. While in shara', prayer is an activity of a servant, namely worship consisting of words and deeds that begin with takbir and end with greetings in accordance with certain conditions and pillars (Nurhalim, 2010).

As we know, the prayer is divided into two, namely there is the fardhu prayer and the sunnah prayer. Fardhu prayer or known as obligatory prayer is a prayer service ordained by Allah to humans five times a day, namely dawn, dzuhur, asr, magrib, and isha'. The sunnah prayer is a prayer that has been ordained by Allah and His Messenger to humans, but it is sunnah, if it is cashed it gets merit and if it is not cashed it is not sinful (Nurhalim, 2010).

One example of sunnah prayer is the dhuha prayer. Dhuha prayer is a sunnah prayer performed by Muslims in the morning, when the sun is rising or done after sunrise until before the

time of dhuhr prayer (Imran, 2006). This dhuha prayer is carried out between 07.00 to 11.00 local time. This prayer is performed at least two rakaat, four rakaat, eight rakaat, and twelve rakaat (Faiz, 2020). The law of performing this dhuha prayer is sunnah muakkad (highly recommended). So for those who want to get merit, they should practice dhuha prayer, but there is no hindrance or innocence if abandoned (Sabiq, 2008). As in the following hadith:

عن ابي سعيد قال: (كان رسول الله صل الله عليه وسلم يصلي الضحى حتى نقول: لا يصليها)

It means: "From Abu Sa'id, he said: The Prophet (peace be upon him) always prayed dhuha to the point that we thought that he never left it, but if he had left it we thought that he had never done it".

Dhuha prayer time is a golden opportunity for Muslims to rely on their helplessness and weakness to Allah and believe that Allah will always support all efforts made by His people to achieve happiness and success in the world and in the Hereafter (Budiman, 2011). So it can be concluded, that what is meant by dhuha prayer is sunnah prayer which is done in the morning when the sun is rising, approximately 7 cubits (07.00) to approximately 11.00 noon (Mahmudi, 2018).

Based on the explanation above, researchers are interested in studying dhuha prayer therapy in an effort to increase spiritual intelligence with the title "Implementation of Dhuha Prayer in Increasing Spiritual Intelligence in Students in Palembang". This research was conducted to one of the Sriwijaya Polytechnic Students majoring in Electrical Engineering based on the process of planting dhuha prayer activities regularly for approximately one week which was carried out to meet the increase in spiritual intelligence.

## **Method**

Research is an investigation or a careful search that aims to obtain new facts in the branch of science (Sukiati, 2016). The type of research method used in this study is descriptive-qualitative. This descriptive-qualitative research method uses procedures by collecting data collected in the form of words or images and not in the form of numbers. These data can be obtained from interviews, observations or documentation (Sugiyono, 2007). Then the data that has been collected will be analyzed by researchers using inductive data analysis techniques, namely by recording, organizing data and coding (Moloeng, 2011). The subjects studied by researchers in this study are students of Sriwijaya Polytechnic Palembang Department of Electrical Engineering. The results of qualitative research are in the nature of understanding meaning, uniqueness, constructing phenomena, and finding hypotheses. This method is used because researchers want to see changes in the form of an increase or decrease in spiritual intelligence possessed by one of the university students in Palembang using the application of dhuha prayer therapy.

## **Results**

This research was conducted in the Laboratory of the Faculty of Psychology, Raden Fatah State Islamic University Palembang, using one of the students of Sriwijaya Polytechnic Palembang Department of Electrical Engineering who was used as a subject. The result obtained from this

interview is a student who gets authoritarian parenting from his parents which has an impact on his daily life so that from this authoritarian parenting style that makes this student experience a slight decrease in his spiritual intelligence. In general, the role of parenting greatly affects the spiritual intelligence of a child because parents every day certainly meet directly with children and always take care of children's needs. In addition to influencing the spiritual intelligence of the child, parents also play an important role in educating children and making them have a strong mentality in facing every problem they will face.

In this study, researchers used dhuha prayer therapy to improve spiritual intelligence in subjects. From the therapy that has been given to the subject for one week, it can be concluded that there is an increase in the spiritual intelligence possessed by the subject. Based on the results of an interview conducted on May 15, 2024 at 13:00 WIB, the subject stated that,

"Alhamdulillah, during the one week I underwent this therapy which usually I always did not have time or forgot to do the morning prayer, became frequent to do the obligatory prayer. And also after I do this dhuha prayer I feel calm in carrying out my daily activities. However, during this dhuha prayer, I could not do much rakaat because it was hampered by the time for me to go to college. So during that one day usually I can only perform at least 2 or 4 rakaat".

From the interview above, it can be concluded that there are several obstacles that occur in the implementation of therapy, namely obstacles in the implementation time that collide with the subject's lecture schedule which causes the subject to not be able to do a lot of rakaat.

## **Discussion**

### **Spiritual Intelligence**

According to (Pakpahan, 2021), spiritual intelligence (SQ) is the intelligence to face and solve problems, meanings, and values to place human behavior and life in the context of broader and richer meanings. Meanwhile, according to Ariwibowo and Irianto in (Suhifatullah M., 2024), spiritual intelligence means the ability to be able to know and understand oneself fully as a spiritual being or as part of the universe. By having spiritual intelligence, it means that individuals can fully understand the meaning and nature of the life they live.

Spiritual intelligence is an ability to give spiritual meaning to thoughts, behaviors and activities that are able to synergize intellectual intelligence, emotional intelligence, and mechanical intelligence. This spiritual intelligence itself is an intelligence that has existed from birth that can make humans able to live their lives meaningfully, by listening to their conscience, giving meaning to worship in every activity and behavior, and principled only because of Allah (Wahyuningsih, 2019). In Islam, spiritual intelligence is included in qalbu intelligence. Spiritual intelligence is qalbu intelligence related to one's inner quality. This intelligence directs a person to do more humanely, so that they can reach noble values that may not have been influenced by the human mind (Asnawi, 2020).

An individual who has spiritual intelligence has an important role in the formation of a person's personality, and his characteristics according to (Handayani, 2019) are as follows:

- a. Feeling the presence of Allah SWT, a person who is responsible and spiritually intelligent, feels the presence of Allah wherever he is, and feels himself always under the supervision of Allah SWT.
- b. Having clear life principles, spiritually intelligent individuals realize that the life they live is not accidental but a deliberate thing that must be carried out with a sense of responsibility (taqwa).
- c. Always dhikr and pray to Allah SWT, the dhikr can be in the form of dhikr of mind, heart, verbal, or deed, and feel the majesty of Allah SWT in all conditions.
- d. Patience, can be understood as a strong hope to reach goals or hopes, so someone who despairs means a person who loses hope. In the quality of patience, there is an attitude of istiqamah, which means staying firm on the path they are taking.
- e. Prone to Goodness, people who are devout tend to goodness and truth, and also try their best to carry out obligations (amanah) so as to produce good work results.

Spiritual intelligence is part of Islamic psychology which views that someone who is devout religious does not necessarily have spiritual intelligence, often they have fanaticism, exclusion, and intolerant attitudes towards followers of other religions, causing hostility and war (Amelia Riris, 2019). Spiritual intelligence is the ability of the soul possessed by a person to build himself as a whole through various positive activities so that he can solve various kinds of problems by seeing the meaning contained in it (Indrayani Fifi, 2021).

According to Ary Ginanjar in (Syukur, 2022), there are 4 aspects of spiritual intelligence, namely:

- a. Shiddiq  
To achieve this attitude, one must be able to be honest with oneself in the form of words, deeds, able to be honest with others and also Allah SWT.
- b. Trust  
The trust carried by Allah SWT to humans becomes the starting point in the journey of a promise, namely the promise to be met with Allah SWT.
- c. Fathanah  
Is intelligence in making professional decisions based on moral attitudes or noble morals, having wisdom or wisdom in thinking and acting.
- d. Tablighi  
It means conveying the teachings of Islam addressed to fellow human beings, and thus a person who has good spiritual intelligence then he has positive value in life and courage in conveying the truth.

### **Dhuha Prayer**

In Indonesian big dictionary, dhuha time is the time before noon (approximately 11:00) (Ministry of Education and Culture, 1994). While according to (Abdillah, 2007), dhuha prayer is a sunnah prayer that is done in the morning when the sun is rising. Dhuha prayer is a sunnah prayer that has many privileges. Because when we pray during dhuha prayer, there is explicitly a prayer in the form of a request to open the door of sustenance in heaven and on earth. The law of performing dhuha prayers is *sunnah muakad* (highly recommended). So, for people who want to get merit, it is

recommended to practice it. However, there is no hindrance or sinlessness if abandoned (Sabiq, 2008).

Dhuha prayer has the virtue of being a means to ask for forgiveness from Allah Almighty, as well as seeking inner and outer peace in life. Dhuha prayer is also used as a means to appease the heart and soul. Because it is at this time that a servant can feel closeness to God. Prayer that has a direct relationship between humans and His God can connect well vertically, so that it will give birth to a high spiritual form and can foster happiness, personality, and mental health (Rajab, 2011). As in the word of Allah SWT:

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

It means: *(That is) believers and their hearts are at peace with the remembrance of Allah. Remember, that only by remembering Allah will the heart always be at peace (QS. Ar-Ra'du/13:28)*

Dhuha prayer is a practice that was strongly emphasized by the Prophet Saw. He wanted Muslims to try their best to maintain this practice in order to achieve its virtues, and all these practices are for the happiness of his people both in the world and in the Hereafter (Budiman, 2011). The Prophet (peace be upon him) said that there are privileges and virtues for those who perform dhuha prayers, be it two rakaat, four rakaat, eight rakaat, or twelve rakaat. The specialty of dhuha prayer itself is found in the holy verse of the Qur'an in sura Adh-Dhuha verses 1-5, which means:

"For the sake of time dhuha, And by night when it is quiet (dark), your Lord has not inspired you nor hated you. And surely the next day is better for you than the present (beginning). And one day your Lord will give you His gift, and your (heart) will be satisfied." (QS. Adh-Dhuha: 1-5). (Rosad Sabilar, 2020).

The implementation of dhuha prayer is carried out after we are holy from small hadas and large hadas by means of ablution perfectly, then stand upright in a holy place and face towards the Qibla, as for the procedure for dhuha prayer according to (Al Mubdi'u, 2022) as follows:

a. Reading the intention of Dhuha Prayer

أصلي سنة الضحى ركعتين لله تعالى الله أكبر

It means: "I intend to pray circumcission dhuha dua rakaat, because of Allah Almighty"

b. Takbirotul ihram

c. Reciting the iftitah prayer and followed by reading surah Al-Fatihah

d. It is advisable to recite surah Adh-Dhuha (in the first rakaat) and surah Ash-Shams (in the second rakaat)

e. Rukuk

f. Stand tall (i'tidal)

g. First prostration

h. Sitting between two prostrations

i. Second prostration

j. Final Tasyahud (at the time of performing the second rakaat)

k. End with a greeting

l. After that recite the dhuha prayer, which means:

"O Allah, verily the time of dhuha is the time of Your dhuha, majesty is Your majesty, beauty is Your beauty, strength is Your strength, and guard is Your guard. O Allah, when my sustenance is in the sky then bring it down, when it is in the earth then bring it out, if it is difficult to obtain then make it easy, if it is haram then purify it, if it is far away then draw it closer. O Allah, with Your right of dhuha, Your beauty, Your strength, and Your power, bring to me what You bring to Your righteous servants."

According to (Shintya Putri, 2022), the implementation of dhuha prayer therapy does greatly affect the development of one's intelligence, especially in spiritual, emotional and intelligence intelligence. This is because the time of its implementation is carried out at the beginning or in the middle of human activities seeking happiness in life. When performing dhuha prayers, the brain will be trained and educated through the movement of dhuha prayers. The right and left brains will be balanced then stimulate spiritual intelligence through awareness of the presence of Allah SWT. After performing prayers, it is then accompanied by asking for forgiveness, prayer beads, and asking for guidance and gifts from Allah SWT., and can bring a positive influence on peace of mind and will develop spiritual intelligence possessed.

### **Implementation of Dhuha Prayer in Improving Student Spiritual Intelligence**

In this discussion, researchers explained about the implementation of dhuha prayers obtained from interviews and observations conducted on Tuesday, May 7, 2024, as well as documentation carried out on May 7-May 14, 2024 on increasing spiritual intelligence (SQ) of one of the students majoring in Electrical Engineering Sriwijaya Polytechnic Palembang. Dhuha prayer is one of the therapies or activities in the development of spiritual intelligence. The dhuha prayer activity is carried out in the morning before the subject performs his activity. This research was conducted on one of the Sriwijaya Polytechnic Students majoring in Electrical Engineering which aimed to monitor the increase in the spiritual intelligence of these students.

The implementation of dhuha prayer in improving spiritual intelligence in Sriwijaya Polytechnic students of the Department of Electrical Engineering includes several aspek, including: shiddiq, amanah, fathanah, and tabligh. Many methods can be used to improve an individual's spiritual intelligence and can certainly be applied. However, researchers use this therapy because researchers believe that this method will be able to provide solutions to the problems at hand.

From the habituation of dhuha prayers carried out by one of the students of Sriwijaya Polytechnic Department of Electrical Engineering, it has an impact on increasing the spiritual intelligence of the subject, where the subject applies positive habituation will easily and happily do it, let alone worship Allah SWT. This is in accordance with previous research by Zaharo Assafanah (2022) with the same theme, where the results show that the implementation of dhuha prayers can make subjects more disciplined, and focus on learning and trying to also carry it out at home. In addition, these results are also in line with research conducted by Windasari La Jawa (2021), which obtained results that students who have performed dhuha prayers will have a responsible, trustful, honest and istiqomah personality, or get used to the implementation of dhuha prayers. Which, everything that has become a habit will always stick and be difficult to change. This must be accompanied by an attempt to generate constant awareness or understanding of the purpose of the



habituation of dhuha prayers that the subject undertakes. This will have an impact both on earth and in the hereafter.

### **Conclusion**

Based on the research above, it can be concluded that the process of implementing dhuha prayers carried out on Sriwijaya Polytechnic Students of the Palembang Electrical Engineering Department was carried out well. And the result is that there is an increase in the spiritual intelligence of the subject which is characterized by the subject who feels peace or tranquility in carrying out daily activities, then the subject also begins to perform prayers on time, especially in performing the dawn prayer which sometimes the subject misses in performing the prayer, and the subject also feels that he can think more maturely in responding to something and focus more on learning, Also try to keep verbal speech so as not to cause negative things.

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