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Application of the An-Nafs Muhasabah Method to Students' Spiritual Awareness in Islamic Religious Education Subjects at State Junior High School 2 Baubau

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Abstract: This study aims to analyze the implementation of the Muhasabah An-Nafs method in increasing students' spiritual awareness in Islamic Religious Education (PAI) subjects at SMP Negeri 2 Baubau. Amidst the challenges of modernization that can erode spiritual values, the Muhasabah An-Nafs method is applied as a self-reflection strategy to help students evaluate their actions, understand religious teachings better, and strengthen their relationship with Allah SWT. This study uses a qualitative approach with data collection techniques through observation, interviews, documentation, and questionnaires. The results showed that the majority of students who followed this method experienced an increase in spiritual awareness and positive changes in daily behavior. Students felt more able to control their lusts, were more disciplined in worship, and better understood the essence of Islamic teachings. In addition, the role of teachers in guiding students and the use of creative media such as inspirational videos and group discussions have been shown to increase the effectiveness of this method. The conclusion of this study confirms that Muhasabah An-Nafs is an effective method in shaping students' spiritual character. For more optimal results, it is recommended that self-reflection be made a routine habit in the learning process. With consistent support from educators and schools, this method can become an integral part of building students' spiritual and moral awareness in the educational environment.

Keywords: Self-Reflection; Spirituality; Education.

1. Introduction

In the midst of the current of modernization marked by technological advances and materialism, spiritual awareness is often neglected, especially among the younger generation (Tacey, 2004). This phenomenon raises concerns about the loss of individual connection with their spiritual dimension, resulting in a decline in quality of life and mental health. Spiritual awareness, defined as a deep understanding of oneself, the environment, and the relationship with something greater, is becoming increasingly important to be brought back into everyday life. Islamic Religious Education (PAI) has a strategic role in developing students' spiritual awareness (Taufik, 2020). Through the right approach, PAI not only functions as a means of conveying religious teachings, but also as a place for character formation and increasing self-awareness. One method that is considered effective in this context is muhasabah an-nafs, namely self-introspection (Othman, 2011). This method encourages students to evaluate their actions, improve themselves, and strengthen their spiritual relationship with God.

This is in line with the word of Allah SWT in the Qur'an QS. Ar-Rad 13:11.

... إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنفُسِهِمْ ...

Translation:

"...Indeed, Allah does not change the condition of a people until they change the condition of themselves..." (Q.s. AR-Rad 13:11)¹

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This verse serves as a motivational reminder that Allah will not change a person's fate for the better without effort and hard work from the individual himself (Ramli, 2018).

Today's young generation faces various challenges that affect their mental and spiritual health, such as social, academic, and economic pressures. Students are more easily exposed to various negative influences that can interfere with their spiritual development, such as excessive technology, materialism, and lack of attention to religious values (Purpel & McLaurin, 2004). In facing these challenges, Islamic Religious Education (PAI) learning can play a role in developing students' spiritual awareness.

Researchers use the implementation of the muhasabah an-nafs method (self-introspection) in Islamic Religious Education, because this method can encourage students to introspect, evaluate actions, and improve themselves (Ab. Wahab & Masron, 2020). It is expected that the implementation of the muhasabah an-nafs method in education can help students to be more aware of themselves and improve their relationship with God (Ab. Wahab & Masron, 2020). This study aims to explore how the muhasabah nafs method can be applied in junior high schools and its impact on students' spiritual awareness (Mursalin, 2018). The results of this study are expected to contribute to the development of a more holistic and character-based education curriculum (Samsinar & Fitriani, 2020).

2. Materials and Methods

This study uses a qualitative approach with several data collection methods, namely observation, interviews, documentation, and questionnaires (Busetto et al., 2020). Observations were carried out by researchers going directly to SMP Negeri 2 Baubau to observe the conditions that occurred in real terms. Interviews were conducted through direct interaction between the interviewer and respondents with a series of prepared questions (Fox, 2009). Documentation was used as supporting evidence in the form of written documents, archives, and notes relevant to the study (Scott, 2014). Meanwhile, questionnaires were given to respondents to obtain data related to the problems being studied. In analyzing data, this study applied data reduction, data presentation, and conclusion drawing techniques (Schünemann et al., 2019). Data reduction was carried out by summarizing and selecting relevant information in order to focus more on important aspects of the study. Data presentation was carried out in the form of narrative text to make it easier to understand (Segel & Heer, 2010). Finally, conclusions were drawn inductively based on the results of data analysis obtained from various methods of information collection.

3. Results and Discussion

3.1 Result

From Understanding Muhasabah An-Nafs

Muhasabah, which etymologically means calculation and in sharia terminology is self-evaluation, is an important practice in Islam to achieve glory as a servant of Allah. Through muhasabah, individuals reflect on and inspect their actions, both in vertical relationships with Allah and horizontally with fellow creatures. Muhasabah An-Nafs, as a crucial aspect in spiritual mental development, helps a Muslim to recognize himself and his God, bringing them to the state of muraqabah An-Nafs, where they feel watched over by Allah. This practice, which is a development of "man 'arafa nafsah faqad 'arafah rabbah," aims to increase faith and piety, as well as protect oneself from disobedience. Muhasabah An-Nafs and muraqabah An-Nafs function as a preventive-reconstructive approach for mental psychological and spiritual development, ensuring a pious life personally and socially, as well as obedience to divine rules.

Doing muhasabah regularly is a way to help individuals become noble creatures as servants of Allah SWT (Noor, 2015). Muhasabah can be interpreted as self-reflection to inspect what we have done before Allah SWT judges our deeds on the Day of Judgment. This involves the process of contemplating, introspecting, self-awareness, and trying to make improvements and increase achievements as much as possible. Muhasabah An-Nafs is a crucial aspect in the development and development of Islamic spiritual mentality,

where a Muslim can know himself better, exceed all needs for his Lord, and feel watched, monitored, and guarded by his Lord (Mabrur, 2020).

Implementation of Muhasabah An-Nafs in Teaching and Learning Activities

The Muhasabah An-Nafs method can be applied in various aspects that have been determined. One of them is by approaching students with a friendly and polite attitude, so that they feel comfortable and not disturbed during the teaching and learning process (KBM) (Zaharah et al., 2020). In addition, it is important to emphasize the breadth of insight for students without making it a burden with too harsh judgments on their views. In the process of transferring knowledge, the use of animation or documentary during research can be an effective means of illustrating the importance of muhasabah an-nafs in their daily lives. In addition, providing more motivation and touching the hearts of students is also an important step in implementing this method. To measure the extent of the impact of the muhasabah an-nafs material that has been given, a questionnaire can be used as an evaluation tool, either through direct delivery or the documentary media used. Thus, it can be concluded that muhasabah is an important aspect that should not be ignored. The implementation of Muhasabah An-Nafs can have a significant impact, especially in helping students control their souls. This is very relevant for students at SMP Negeri 2 Baubau, who have not yet fully maximized their potential.

Implementation of the An-Nafs Muhasabah Method on Students' Spiritual Awareness in Islamic Religious Education Subjects

Based on interviews with 8th grade religious teachers at SMPN 2 Baubau, the implementation of the An-Nafs Muhasabah method in Islamic Religious Education (PAI) learning has been implemented as part of an effort to increase students' spiritual awareness. This implementation is carried out by providing motivation and guidance before starting learning, as well as at the beginning of the subject. Teachers play a role in guiding students to understand the purpose of learning religion so that they are more mentally and spiritually prepared to receive knowledge (Cashwell & Young, 2014). An-Nafs Muhasabah is the first step for students to evaluate themselves, reflect on their actions, and foster awareness of the importance of practicing religious teachings in everyday life. With routine self-reflection, students are expected to be able to understand their position in religion and increase their faith and piety (Canda et al., 2019).

This method is considered very effective in increasing students' spiritual awareness because it encourages them to conduct in-depth self-introspection (Klonoff, 2010). Through muhasabah, students can recognize and understand themselves, including in controlling their lusts and improving their morals and attitudes. In addition, this method also helps students strengthen their relationship with Allah SWT by fostering a sense of responsibility for every action they take. The spiritual awareness formed from this process is not only beneficial in an academic context, but also in their daily social lives, such as being honest, disciplined, and having empathy for others (Astin et al., 2010).

The implementation of the Muhasabah An-Nafs method is more optimal, the teacher provides several suggestions that can be implemented by the school. One of them is to get used to self-reflection regularly through muhasabah sessions that are held every day or every week. This session can be a simple activity such as morning reflection before lessons start or a group discussion session that focuses on understanding spiritual values. In this session, students are invited to understand the meaning of Surah An-Nas, reflect on their actions, and ask for protection from negative temptations. With this habit, muhasabah not only becomes part of religious learning, but also becomes a culture that is embedded in students' lives. In addition, teachers and school staff are expected to be role models in introspection and morals, so that students have real examples that they can imitate in their daily lives (Sanderse, 2013). The application of this method can also be developed by utilizing various creative media, such as inspirational videos, motivational stories, or interactive discussions that can increase students' interest in self-reflection. By using an interesting and relevant approach to their lives, students will find it easier to understand and internalize the spiritual values taught. The implementation of the Muhasabah An-Nafs method that has been running at SMPN 2 Baubau shows that with the right approach,

students can better understand themselves and strengthen spiritual values in their lives. Spiritual awareness that grows through this method not only has an impact on increasing religious understanding, but also forms a better character in living everyday life. With consistency in implementation and full support from the school and educators, the Muhasabah An-Nafs method can be an effective strategy in forming students who have noble morals and high spiritual awareness.

Results of the Implementation of the An-Nafs Muhasabah Method on Spiritual Awareness in Islamic Religious Education Subjects

The results of the implementation of the An-Nafs Muhasabah method on students' spiritual awareness in Islamic Religious Education subjects at SMP Negeri 2 Baubau showed a very positive and significant impact. Based on the questionnaire filled out by students, the majority of them knew and often participated in learning using this method. They also felt an increase in spiritual awareness, a better understanding of Islamic teachings, and positive changes in daily spiritual behavior. This shows that the An-Nafs Muhasabah method not only has an impact on the theoretical understanding of Islam, but also brings real changes in students' mindsets and behavior in daily life. The effectiveness of this method was also reinforced by an interview with an 8th grade religious teacher, who stated that An-Nafs Muhasabah is a very good approach in helping students introspect. By reflecting regularly, students are better able to recognize their shortcomings, understand mistakes they have made, and strive to improve themselves better in the future. In addition, this method also helps students control their lusts and negative emotions, which are often challenges in adolescent life. By understanding themselves better, students can build a stronger character and be closer to religious values. The teacher also emphasized that Muhasabah An-Nafs is very effective in strengthening students' relationship with Allah, because self-reflection carried out in the learning process encourages students to be more aware of the existence and role of God in their lives.

The Muhasabah An-Nafs method is considered one of the effective ways to increase students' spiritual awareness because it directly encourages them to do deep self-introspection. Through this method, students are not only invited to simply understand religious teachings cognitively, but also to feel the impact of these teachings in their real lives (Geertz, 2004). By recognizing and controlling lust, students can be wiser in making decisions and more aware of the consequences of every action they take. This awareness will ultimately form good habits that are embedded in students, making them more disciplined, responsible, and have high moral sensitivity.

The teacher suggested that self-reflection be made a routine habit, either through daily or weekly sessions, so that students can continue to get used to doing deep introspection. In addition, creative approaches can also be applied to make this method more interesting and not feel monotonous for students. The use of inspirational videos, motivational stories, or group discussions that arouse students' emotions and thoughts can be effective tools in deepening their reflection on life and religious teachings. In this way, muhasabah is not only part of the formal curriculum, but also becomes a culture that is embedded in students' daily lives. In addition to providing spiritual insight and motivation, this method can also shape students' characters better if applied consistently. Teachers argue that the combination of deep self-reflection, ongoing guidance, and role models provided by educators will strengthen the effectiveness of this method in shaping students' spiritual awareness. Educators who are role models in introspection and morals will provide real examples for students, so that they not only learn from theory, but also from the practices carried out by the people around them.

Interviews with 8th grade religious teachers further strengthened the findings that the Muhasabah An-Nafs method has been actively implemented in schools and has proven effective in increasing students' spiritual awareness. The teacher also provided several suggestions to improve the effectiveness of this method, such as integrating muhasabah into various aspects of school activities, holding reflection sessions in extracurricular activities, and involving parents in supporting the formation of their children's

spiritual character at home. These suggestions are very relevant and can be used as considerations by schools in developing the Muhasabah An-Nafs method so that it can be applied more widely and have a greater impact on students. The implementation of the Muhasabah An-Nafs method at SMP Negeri 2 Baubau shows that self-reflection carried out in a structured manner and supported by competent educators can provide real changes in students' spiritual lives. With the support of teachers, schools, and the surrounding environment, this method can continue to be developed to form students who are more moral, more aware of spiritual values, and more prepared to face life's challenges with a strong understanding of religion.

3.2 Discussion

The application of the Muhasabah An-Nafs method in Islamic Religious Education (PAI) learning at SMP Negeri 2 Baubau aims to increase students' spiritual awareness through structured self-reflection. In the midst of the increasingly strong current of modernization, many students experience a decline in spiritual awareness due to the influence of technology and materialism. Therefore, Islamic Religious Education has a strategic role in shaping students' character, especially through self-introspection methods such as Muhasabah An-Nafs. The results of interviews with religious teachers show that this method has been actively implemented in the learning process. Teachers provide guidance and motivation before learning begins, and invite students to reflect on their behavior and relationship with Allah SWT. Teachers also emphasize that Muhasabah An-Nafs not only helps students understand religious teachings, but also shapes their character to be better in everyday life.

Based on the results of the questionnaire that has been distributed to students, the majority of them stated that the Muhasabah An-Nafs method helps increase their spiritual awareness. From the data collected, 27 students admitted to feeling an increase in awareness after participating in learning with this method, while 6 other students were neutral. In addition, 25 students strongly agreed that this method helped them understand Islamic teachings better. The impact of this method is also seen in changes in students' daily spiritual behavior (Astin et al., 2010). 20 students stated that this method had a very large influence on their spiritual behavior, while 10 students considered its influence to be quite large. Students became more aware of the importance of self-introspection, found it easier to control their lusts, and drew closer to Allah through worship and better attitudes in the school environment and at home. Although the Muhasabah An-Nafs method has been implemented well, the teacher gave several suggestions so that this method can be more optimal. One of them is to make self-reflection a habit as part of routine activities, either through daily or weekly sessions (Travers et al., 2015). This activity can be in the form of morning reflections before lessons start or group discussions about relevant spiritual values. In addition, the use of creative media such as inspirational videos and motivational stories is also considered to increase the effectiveness of this method. By presenting the material through a more interesting approach, students will more easily understand and internalize the meaning of muhasabah. Teachers and school staff are also advised to be role models in introspection and morals, so that students have real examples in applying this method in everyday life.

4. Conclusions

The conclusion of this study shows that the implementation of the Muhasabah An-Nafs method at SMP Negeri 2 Baubau has a significant impact on increasing students' spiritual awareness. This method is effective in encouraging self-introspection, helping students recognize and control their lusts, and strengthening their relationship with Allah SWT. The results of the questionnaire and interviews showed that the majority of students felt an increase in their understanding of Islamic teachings and experienced positive changes in their daily spiritual behavior. In addition to providing benefits in the spiritual aspect, the Muhasabah An-Nafs method also contributes to the formation of students' character. With regular reflection, students become more aware of the importance of honesty, discipline, and concern for others. Teachers and educators play an important role in guiding

students and providing examples in the practice of muhasabah. This method is increasingly effective, it is recommended to get used to self-reflection regularly through daily or weekly sessions. The use of creative media such as inspirational videos and group discussions can also increase the appeal of this method to students. With consistent implementation and full support from the school, the Muhasabah An-Nafs method can be a sustainable strategy in building better spiritual awareness and character for students.

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