

**THE RECEPTION OF THE RECITATION OF SURAH
AL-INSYIRAH AND ITS INFLUENCE ON STUDENTS
THE PEACE OF MIND IN QUR'AN MEMORIZATION
(A Study of Living Quran in Hamalatul Quran Islamic
Boarding School Jogoroto Jombang)**



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DEPARTMENT OF AL-QUR'AN AND TAFSIR STUDIES

FACULTY OF USHULUDDIN

UNIVERSITY OF DARUSSALAM GONTOR

1446/2024

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THESIS

Presented to:

**University of Darussalam Gontor
in Partial Fulfilment of Requirement**

For a Bachelor's Degree in the Department of Al-Qur'an and Tafsir Studies

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DEPARTMENT OF AL-QUR'AN AND TAFSIR STUDIES

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**UNIVERSITAS DARUSSALAM GONTOR
UNIVERSITY OF DARUSSALAM GONTOR**

1446/2024



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Abstract

**The Reception of The Recitation of Surah Al-Insyirah And its Influence on
Students The Peace of Mind in Qur'an Memorization
(A Study of Living Quran in Hamalatul Quran Islamic Boarding School Jogoroto
Jombang)**

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This research departs from the phenomenon of recitation of Surah Al-Insyirah in Hamalatul Qur'an Islamic Boarding School Jogoroto Jombang. The recitation of Surah Al-Insyirah in this boarding school began as a response to the increasing cases of loss of money and personal belongings experienced by students. This incident caused a sense of discomfort, anxiety, and stress among students, which ultimately had an impact on the learning process, especially in memorizing the Qur'an. The recitation of Surah Al-Insyirah at Hamalatul Qur'an Islamic Boarding School is a manifestation of the application of the Living Qur'an concept, where the Qur'an is not only interpreted in its textual aspects but also seen from social phenomena that arise due to the presence of the Qur'an at certain times and places that are applied in daily activities to achieve spiritual achievement and psychological aspects.

The purpose of this research is to find out the practice of reciting the surah Al- Insyirah at Hamalatul Qur'an Islamic Boarding School in Jogoroto Jombang, describe the experiences and perceptions of individual students towards the practice of reciting the surah Al-Insyirah and find out the effect of reciting the surah Al-Insyirah on the peace of mind of students in memorizing the Qur'an.

This reciting of Al Insyirah is field research with a curative model, which is the presentation of data with a description of the phenomena that occur in the object of research. In collecting data, researchers use observation, interviews and documentation methods from students and administrators. The data is then analyzed using interactive data analysis which is carried out in three steps: *data reduction*, *data display* and *verification and verification of conclusion*.

The results showed that, the recitation of Surah Al-Insyirah in Hamalatul Qur'an Islamic boarding school is a routine practice after the fard prayer and part of the daily routine of students in Hamalatul Qur'an Islamic boarding school. The santri's reception is categorized into three aspects: objective, expressive, and documentary. Objectively, this wirid is a religious routine taught by Kiai Ainul Yaqin, which reflects a sacred teacher-student relationship. Expressively, most santri experience calmness and emotional well-being, although some do not feel the effects, highlighting the need for a deeper understanding of the surah. Documentarily, it is a preserved cultural practice that fosters spirituality and community. Overall, 31 out of 44 students reported increased peace of mind, help in reducing anxiety and better concentration for memorizing the Qur'an

This research can also serve as a basis for future studies, especially those that want to examine the relationship between the recitation of certain surahs and mental well-being in the boarding school environment.

Keywords: Reception, al-Insyirah, peace of mind, memorizing the Qur'an.

Abstrak
Pembacaan Surat Al-Insyirah Dan Pengaruhnya Terhadap Ketenangan Jiwa Santri Dalam Menghafal Al-Qur'an
(Studi Tentang Living Quran di Pondok Pesantren Hamalatul Quran Jogoroto Jombang)

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Penelitian ini berangkat dari fenomena pembacaan Surah Al-Insyirah di Pondok Pesantren Hamalatul Qur'an Jogoroto Jombang, pembacaan Surah Al-Insyirah di pesantren ini dimulai sebagai respon terhadap meningkatnya kasus kehilangan uang dan barang pribadi yang dialami para santri. Kejadian ini menyebabkan rasa ketidaknyamanan, kecemasan, dan stres di kalangan santri, yang akhirnya berdampak pada proses pembelajaran, khususnya dalam menghafal Al-Qur'an. Pembacaan Surah Al-Insyirah di Pondok Pesantren Hamalatul Qur'an ini merupakan salah satu wujud dari penerapan konsep Living Qur'an, di mana Al-Qur'an tidak hanya dimaknai dalam aspek tekstualnya, tetapi juga dilihat dari fenomena sosial yang muncul akibat kehadiran Al-Qur'an pada waktu dan tempat tertentu yang diterapkan dalam aktivitas sehari-hari untuk meraih pencapaian spiritual dan aspek psikologis.

Tujuan penelitian ini adalah untuk mengetahui praktik amalan pembacaan surat Al-Insyirah di Pondok Pesantren Hamalatul Qur'an Jogoroto Jombang, menguraikan pengalaman dan persepsi individu santri terhadap amalan pembacaan surat Al-Insyirah dan mengetahui pengaruh pembacaan surat Al-Insyirah terhadap ketenangan jiwa santri dalam menghafal Al-Qur'an.

Ini merupakan penelitian lapangan dengan model kualitatif, yaitu pemaparan data dengan deskripsi dari fenomena yang terjadi pada objek penelitian, dalam pengumpulan data peneliti menggunakan metode observasi, wawancara dan dokumentasi dari santri dan pengurus. Data kemudian dianalisis menggunakan analisis data intraktif yang dilakukan dalam tiga langkah yaitu *data reduction*, *data display* dan *Verification dand verifyng Coclusion*.

hasil penelitian menunjukkan bahwa, pembacaan Surat Al-Insyirah di pondok pesantren hamalatul qur'an merupakan amalan rutin setelah salat fardhu dan bagian dari wirid harian santri di pesantren Hamalatul Qur'an. Resepsi santri dikategorikan ke dalam tiga aspek: objektif, ekspresif, dan dokumenter. Secara obyektif, wirid ini merupakan rutinitas keagamaan yang diajarkan oleh Kiai Ainul Yaqin, yang mencerminkan hubungan guru-murid yang sakral. Secara ekspresif, sebagian besar santri mengalami ketenangan dan kesejahteraan emosional, meskipun beberapa tidak merasakan efeknya, menyoroti perlunya pemahaman yang lebih dalam tentang surah tersebut. Secara dokumenter, hal ini merupakan praktik budaya yang dilestarikan yang menumbuhkan spiritualitas dan komunitas. Secara keseluruhan, 31 dari 44 siswa melaporkan adanya peningkatan ketenangan pikiran, membantu mengurangi kecemasan dan konsentrasi yang lebih baik untuk menghafal Al-Qur'an

Penelitian ini juga dapat menjadi dasar bagi penelitian-penelitian selanjutnya, terutama yang ingin mengkaji hubungan antara pembacaan surah-surah tertentu dengan kesejahteraan mental di lingkungan pesantren.

Kata Kunci : Resepsi, al-Insyirah, ketenangan jiwa, menghafal al-Qur'an.

To Honorable,

Dean of Faculty of Ushuluddin

Univeristy of Darussalam Gontor-Ponorogo

Bismillāhirrahmānirrahīm

Assalāmu'alaikum Warahmatullahi Wabarakatuh.

It is my honor to present the thesis written by:

Name : Aan Anwarudin

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The Title : The Reception of The Recitation of Surah Al-Insyirah And its Influence on Students The Peace of Mind in Qur'an Memorization (A Study of Living Quran in Hamalatul Quran Islamic Boarding School Jogoroto Jombang).

I declare that this thesis has been processed and corrected to fulfill the requirement for the degree of Licentiate in **Al-Qur'an and Tafsir Studies** in the Faculty of Ushuluddin, University of Darussalam Gontor. Therefore, I request that the thesis be examined soon.

Wassalāmu'alaikum Warahmatullahi Wabarakatuh.

Ponorogo, 6 Oktober 2024 M
3 Rabiul Akhir 1446 H

Supervisor,


(Mahmud Rifaamudin, S.Ud., M.Ag)

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UNIVERSITY OF DARUSSALAM GONTOR

Faculty of Ushuluddin

كلية أصول الدين

To Honorable,
Dean of Faculty of Ushuluddin
University of Darussalam Gontor-Ponorogo

Bismillāhirrahmānirrahīm

Assalamu'alaikum Warahmatullahi Wabarakatuh

The Faculty of Ushuluddin, University of Darussalam Gontor-Ponorogo, Indonesia, has received a thesis written by:

Name : Aan Anwarudin
Reg. Number : 422021231002
The Title : The Reception of The Recitation of Surah Al-Insyirah And its Influence on Students The Peace of Mind in Qur'an Memorization (A Study of Living Quran in Hamalatul Quran Islamic Boarding School Jogoroto Jombang).

I partial fulfillment of the requirement for the degree of Licentiate in Al-Qur'an and Tafsir Studies in the Faculty of Ushuluddin, academic year 1445 -1446/ 2024-2025.

Wassalāmu'alaikum Warahmatullahi Wabarakatuh.

Ponorogo, 22 November 2024 M
20 Jumadil Ula 1446 H

Dean of Faculty of Ushuluddin,

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(Syamsul Hadi Untung, M.A., M.LS.)

DECISION OF THE EXAMINERS TEAM

The decision of Examiners Team The committee holds the thesis examination in partial fulfilment of the requirements for the degree of Licentiate in Al-Qur'an and Tafsir Studies in the Faculty of Ushuluddin, University of Darussalam Gontor on:

Day/Date : Tuesday, 26 November 2024 M
Place : University of Darussalam Gontor

The thesis was written by:

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He decided to grant him a pass in the thesis examination. Hence, he is eligible to be awarded Licentiate in Al-Qur'an and Tafsir Studies at the Faculty of Ushuluddin, University of Darussalam Gontor.

Chif of Examination Board,

Secretary,


Mahmud Rifaamudin, S.Ud., M.Ag.


Ahmad Fadly Rahman Akbar, S.Ud., M.Us.

1. Examiner : Rochmad, M.A., Ph.D.

2. Examiner: Ahmad Fadly Rahman Akbar, S.Ud., M.Us.

DECLARATION

I here by,

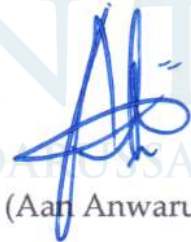
Name : Aan Anwarudin
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The Title : The Reception of The Recitation of Surah Al-Insyirah And its Influence on Students The Peace of Mind in Qur'an Memorization (A Study of Living Quran in Hamalatul Quran Islamic Boarding School Jogoroto Jombang).

I declare sincerely that this thesis initially belongs to my work and does not belong to another researcher for a different degree. Furthermore, this thesis is not a work published before, except for some parts with their original references.

Otherwise, if it is found that this thesis is plagiarism, I am ready to be ceased academically.

Ponorogo, 26 November 2024 M
24 Jumadil Ula 1446 H

Researcher,



(Aan Anwarudin)

MOTTOES

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾ إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

(سورة الإنشراح)

“Excessive fear of the world is the source of all worries, free yourself from it and you will find peace.”

-Al-Imam al-Ghozali -

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DEDICATION

I dedicate this thesis to:

My beloved parents, Father Uci Sanusi and Mother Icah Kusnawati, with their love and support, countless sacrifices for my success, all the energy, and thousands of sweat and tears for my success, I can survive every time.

Also, to my very dear brothers and sisters, Lia Lidianti, Linda Wati, Ujang Supria, Siska Wati, Sintia Dewi, Muhammad Sayuti, Riki Syafei and Ade Irma Suriyani who always provide affection and full support, the supervisor Al-Ustadz Mahmud Rifaannudin, S.Ud., M.Ag who has been patient in guiding me, all lecturers and friends who have provided support to me, so that I can survive until the end of this academic journey. Also, with Allah's permission and strength, I can do this hard work.



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ACKNOWLEDGEMENT

Alhamdulillah al-ladzī ‘allama bi-l-qalam, ‘allama l-insāna mā lam ya’lam, asyhadu anna lā ilāha ill-Allah, wa asyhadu anna Muhammadan ‘abduhul-ladzī lā nabiyya ba’dahu, ‘ammā ba’d.

Alhamdulillah, All praises to Allah SWT, the Most Majesty, Merciful, and Beneficence, who has given us countless guidance of truth, an abundance of gifts, love, and true happiness. All hope is on Him. Shalawat and greetings are always poured out to our Prophet Muhammad *ṢalaLlāhu ‘alayhi wa salām*, his family, and friends. He is the best mirror for treading the intricacies of life throughout the ages. Hopefully, in the future, we will be included in the ranks of the people you allow to feel the freshness of the Kautsar.

The researcher is aware that this arrangement would not be successful without various parties contribution, motivation, encouragement, direction, and guidance from the various parties. Therefore, with all modesty.

The researcher expresses thanks and high appreciation to:

1. The Head Master of Islamic Boarding School Darussalam Gontor, KH. Hasan Abdullah Sahal, Drs. KH. M. Akrim Mariyat, Dipl.Ed., Prof. Dr. KH. Amal Fathullah Zarkasyi, M.A., allowed the researcher to study at University of Darussalam Gontor.
2. The Rector of University of Darussalam Gontor: Prof. Dr. KH. Hamid Fahmy Zarkasyi, M.Ed., M.Phil.,

3. The Vice Rectors of University of Darussalam Gontor: Dr. H. Abdul Hafidz Zaid, M.A., Dr. Setiawan bin Lahuri, M.A., Dr. Khoirul Umam, M.Ec., Mr. Royyan Ramdhani Djayusman, Ph.D.
4. Dear Mr. Syamsul Hadi Untung, M.A., M.LS., as the Dean of Faculty of Ushuluddin, University of Darussalam Gontor.
5. Dear Mr. Ahmad Fadly Rahman Akbar, S.Ag., M.Us., as the Head of Department Al-Qur'an and Tafsir Studies at University of Darussalam Gontor.
6. Honourable supervisor, Mahmud Rifaannudin, S.Ud., M.Ag., for his worthy guidance and suggestions in supervising this thesis.
7. All the lectures University Darussalam Gontor for their guidance during the writer studies at the University.

May Allah reciprocate a proportionate reward and bless them and may this humble thesis be valuable and useful for the readers, especially the writer/researcher.

Ponorogo, 6 Oktober 2024 M
3 Rabiul Akhir 1446 H

Sincerely yours,



(Aan Anwarudin)