

## CHAPTER I INTRODUCTION

### A. Background of Study

The Qur'an is a very important role is a guide to life and the main source of law for Muslims.<sup>1</sup> Its existence raises various reactions and social phenomena in Muslim society, one of the social phenomena that has developed among Muslims is the practice of reciting verses of the Qur'an to achieve peace of mind and getting spiritually closer to Allah.<sup>2</sup> This view is in line with the teachings of Imam Al-Ghazali, who stated that one of the thirteen ways to purify the soul is reciting of verses of the Qur'an.<sup>3</sup>

Surah Al-Insyirah is one of the most often recited chapters in the Qur'an to bring peace of mind. It has a deep meaning of comfort and a promise from Allah, there will be ease after hardship. Allah has said that every problem given matches the person's ability, and every

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<sup>1</sup> Reva Sheptiya Anjani, "Al- Qur ' an Dan Hadist Sumber Hukum Dan Pedoman Hidup Umat Muslim," *Jurnal Religion: Jurnal Agama, Sosial, Dan Budaya* 1, no. 6 (2023), <https://doi.org/https://doi.org/10.55606/religion.v1i6.768>. p. 533.

<sup>2</sup> Mazidah, "Implementasi Tradisi Pembacaan Surah Al- Rahman Di Pondok Pesantren As-Salam Naga Beralih Kabupaten Kampar, Riau (Kajian Living Qur'an )" (Universitas Islam Negeri Sulthan Syarif Kaim Riau, 2020), <https://repository.uin-suska.ac.id.pdf>. p. 1.

<sup>3</sup> Sa'id Hawa, *Mensucikan Jiwa; Konsep Tazkiyatun-Nafs Terpadu* (Jakarta: Robbani Press, 1999), <https://kajianfr.wordpress.com/wp-content/uploads/2012/10/said-hawwa-tazkiyyatun-nafs.pdf>. p. 86.

difficulty will be followed by ease from Him.<sup>4</sup> According to research by Juriyah, Surah Al-Insyirah offers a solution for overcoming stress through understanding, reflecting on, and visualizing, its psychological factors such as patience, optimism, inner calm, confidence in one's abilities, and trust in Allah.<sup>5</sup>

Hamalatul Qur'an Islamic Boarding School Jogoroto Jombang is a pesantren that consistently practices the recitation of Surah Al-Insyirah in its daily activities. The recitation of Surah Al-Insyirah has become part of the mandatory wirid the students routinely carry out.<sup>6</sup> This boarding school was founded in 2011 in Jogoroto Village, Jogoroto District, Jombang Regency, is based on memorizing the Qur'an.<sup>7</sup> Under the guidance of KH. Ainul Yaqin, SQ, the students are trained to memorize the Qur'an in a relatively short time of less than one year, and some of them managed to complete 30 juz within four to six months.<sup>8</sup>

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<sup>4</sup> Mahmud Rifannudin, Abdul Aziz, and Ilham Habibullah, "Positive Mind Dan Efikasi Diri Perspektif Al-Qur'an (Studi Tafsir Munasabah Surat Al-Insyirah)" 12, no. 2 (2023), <https://doi.org/DOI:https://doi.org/10.15548/ju.v12i2.5990>. p. 107.

<sup>5</sup> Eko Hardi Ansyah, Hindun Muassamah, and Cholichul Hadi, "Tadabbur Surat Al-Insyirah Untuk Menurunkan Stres Akademik Mahasiswa," *Jurnal Psikologi Islam Dan Budaya* 2, no. 1 (2019), <https://doi.org/10.15575/jpib.v2i1.3949>.

<sup>6</sup> Tim Redaksi Majalah PPHQ, "Sejarah Kaifiyah Dan Hujjah Pondok Pesantren Hamlatul Qur'an," *Al-Hamalah* (Jombang, 2023). p. 12.

<sup>7</sup> Departemen Pendidikan Pondok Pesantren Hamalatul Qur'an, *Buku Panduan Kegiatan Pondok Pesantren Hamalatul Qur'an*, Cetakan I (Jombang: Pustaka Jogoroto, 2020). p. 74.

<sup>8</sup> Departemen Pendidikan Pondok Pesantren Hamalatul Qur'an. p. 77.

With the motto “Creating Dhuafa students to become *Kamil hamilil qur’an lafdzan, wa manan, wa ‘amalan*”, Hamalatul Qur'an Islamic Boarding School does not charge fees to its students. Instead, students must have a strong commitment and diligence in memorizing the Qur'an and carrying out all pesantren activities with discipline. One of their obligations is to read wirid, including the recitation of Surah Al-Insyirah, which is part of all students' daily practice.<sup>9</sup>

The recitation of Surah Al-Insyirah in this pesantren was initiated as a response to the increasing loss of money and personal belongings experienced by students.<sup>10</sup> his 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. This situation contradicts the main purpose of education in pesantren, which is to form Islamic characters who are faithful, pious, noble, and beneficial to society.<sup>11</sup>

Negative behaviours such as stealing or taking other people's belongings do not follow the values espoused by pesantren and must

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<sup>9</sup> PPHQ, “Sejarah Kaifiyah Dan Hujjah Pondok Pesantren Hamlatul Qur’an.” p.12.

<sup>10</sup> PPHQ. p. 13.

<sup>11</sup> Ani Himmatul Aliyah, “Peran Pondok Pesantren Dalam Pengembangan Pendidikan Islam,” *Prosiding Nasional* 4 (2021), <https://www.scribd.com/document/679009683/73-Article-Text-190-1-10-20220122>. p. 221.

be addressed immediately. Research by Sesha Agistia Visty reveals that such behavior can negatively impact on mental health and individual well-being, as well as create discomfort in the social environment.<sup>12</sup> This is important to pay attention carry out the process of memorizing students can run well, because one of the critical factors that affect the success of students in memorizing the Qur'an is peace of mind; in a study, it was found that peace of mind resulting from good emotional management, can help students focus and concentrate more during the memorization process.<sup>13</sup>

In response to this problem, KH. Ainul Yaqin instructed the santri to recite Surah Al-Fil and later added Surah Al-Insyirah to the routine wirid after the fardhu prayer.<sup>14</sup> He explained that the purpose of reciting Surah Al-Insyirah is to ask Allah SWT for protection from people who like to do wrong and to be given ease in all affairs, especially in learning and memorizing the Qur'an. In addition, the recitation of this surah is also expected to maintain the health of

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<sup>12</sup> Sesha Agistia Visty, "Dampak Bullying Terhadap Perilaku Remaja Masa Kini The Impact of Bullying on Youth Behavior Today" 2, no. 1 (2021): 50–58, <https://doi.org/https://doi.org/10.30596/jisp.v2i1.3976>.

<sup>13</sup> Fitriana Firdausi and Aida Hidayah, "Kecerdasan Intrapersonal Dan Pengaruhnya Terhadap Keberhasilan Santri Mahasiswa Dalam Menghafal Al-Qur'an," *Jurnal Studi Ilmu-Ilmu Al-Qur'an Dan Hadis* 19, no. 1 (2018): 43–63, <https://doi.org/10.14421/qh.2018.1901-03>.

<sup>14</sup> PPHQ, "Sejarah Kaifiyah Dan Hujjah Pondok Pesantren Hamlatul Qur'an".p. 13.

students and boarding school administrators, especially during the Covid-19 pandemic which was then spreading.<sup>15</sup>

The recitation of Surah Al-Insyirah at Hamalatul Qur'an Islamic Boarding School is a manifestation of the application of the concept of Living Qur'an, 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 a specific time and place,<sup>16</sup> and applied in daily activities to achieve spiritual and psychological achievements of the people.<sup>17</sup> "Living Qur'an" refers to the phenomenon of the Qur'an in Everyday Life, which is "the real meaning and function of the Qur'an as understood and experienced by the Muslim community".<sup>18</sup> Thus, it can be concluded that the Living Qur'an in this context refers to research or scientific studies on various social phenomena related to the presence of the Qur'an or its existence among certain Muslims.<sup>19</sup>

Based on the above background, the researcher feels interested in discussing this issue, especially by observing the background of

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<sup>15</sup> KH. Ainul Yaqin, Interview, 26 May 2024. Pukul 14.56.

<sup>16</sup> Muhammad Mansyur et al., *Metodologi Penelitian Living Qur'an Dan Hadis*, cetakan I (Yogyakarta: Sukses Offset, 2007). p. 39.

<sup>17</sup> Muhammad Mansyur., *Metodologi Penelitian Living Qur'an Dan Hadis*. p. 5.

<sup>18</sup> Muhammad Mansyur. p.5.

<sup>19</sup> Muhammad Mansyur., *Metodologi Penelitian Living Qur'an Dan Hadis*. p.8.

Hamalatul Qur'an Islamic Boarding School in Jogoroto Jombang, which is famous for its Qur'an memorization method that targets students to complete memorization of 30 juz in a relatively short time of less than one year, even some students only take between 4 to 6 months.<sup>20</sup> This fact raises the question of whether there is a relationship between the recitation of Surah Al-Insyirah and mental calmness that affects students speed in memorizing the Qur'an.

Many previous researchers have conducted theoretical studies on the effect of reciting Qur'anic verses on mental calmness. For example, the research of Hasan Maulana (2020) and Sesha Agistia Visty<sup>21</sup> the Qur'an can reduce stress and improve mental well-being. However, these studies have not explicitly discussed how Surah Al-Insyirah plays a role in creating mental calmness, especially in the context of tahfiz Al-Qur'an in pesantren. The study of Living Qur'an theory also provides a foundation for understanding how the Qur'an is lived in the daily practice of Muslims, especially to achieve spiritual tranquillity.

Based on the background that has been described, the researcher feels interested in exploring this phenomenon further. Research with

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<sup>20</sup> Departemen Pendidikan Pondok Pesantren Hamalatul Qur'an. p. 77.

<sup>21</sup> Visty, "Dampak Bullying Terhadap Perilaku Remaja Masa Kini The Impact of Bullying on Youth Behavior Today."

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)" is expected to make a significant contribution in understanding the role of reading the Qur'an in the spiritual life of santri and in supporting their academic achievement.

## **B. Problem Formulation**

Considering the problems that are quite complex and to avoid expanding the problem, the author formulates the main problem of this thesis based on the background description above as follows :

1. How is the process of reciting Surah Al-insyirah among students in Hamalatul Qur'an Islamic Boarding School Jogoroto Jombang?
2. How is the reception of recitation the Surah Al-insyirah among students in Hamalatul Qur'an Islamic Boarding School in Jogoroto Jombang?
3. How is the influence on the peace of mind of the santri in memorizing the Qur'an in Hamalatul Qur'an Islamic Boarding School Jogoroto Jombang?

### **C. Purpose of Study**

The purpose that the researcher wants to achieve in this study is as follows:

1. To describe the process of practicing the recitation of Surah Al-Insyirah in Hamalatul Qur'an Islamic Boarding School Jogoroto Jombang.
2. To describe the experience and perception of individual students towards reciting the surah Al-Insyirah in Hamalatul Qur'an Islamic Boarding School Jogoroto Jombang.
3. To explain the effect of reading Surah Al-Insyirah on the peace of mind of students in memorizing the Qur'an in Hamalatul Qur'an Islamic Boarding School Jogoroto Jombang.

### **D. Significance of Study**

The benefits of this research are two benefits that researchers can conclude, theoretical and practical.

#### **1. Theoretical Significance**

- a. It is hoped that this research can add to the Living Qur'anic Discourse Library material, which is expected to be useful especially for those who focus on social and cultural studies of Islamic society in the care



or utilization of the Qur'an, which in this case focuses on the practice of Surah al-Insyhirah.

- b. Adding insight into the phenomenon of the meaning and function of the Qur'an outside the text can then be used to add to the study of Qur'anic studies, especially Living Qur'anic Studies.

## 2. Practical Significance

- a. The results of this study are expected to increase public awareness of interaction with the Qur'an, especially for students of Hamalatul Qur'an Islamic Boarding School Jogoroto Jombang to develop their love for the Qur'an.
- b. It is hoped that it can increase people's confidence about the miracle of the content of the Qur'an and can practice the Qur'an.

## **E. Systematics of Writing**

The systematics writing is part of the proposal which aims to display the main points. So, to provide a clear description of the contents of this study, the researcher divides it into five chapters with

a description of the sections with the following arrangement :

**Chapter I :** This chapter contains an introduction that includes the background of the study, problem formulation, purpose of the study, significance of the study, and systematics of writing.

**Chapter II :** This chapter explains the theoretical basis and previous research. As for the theoretical basis, the researcher divides it into five: contains a description of the definition of living Qur'an, definition of resepsion, Karl Menheim's reception theory, definition of peace of mind, the definition of Surat al-Insyirah and the definition of memorizing the Qur'an and previous research related to this research.

**Chapter III :** In this chapter discussing Research Methodology, the researcher divides it into eight parts, namely: Research Design, Kind of Research, Research Object, Scope of Research, Research Population, Source of Data, Data Collection Techniques, and Techniques Data Analysis .

**Chapter IV :** This chapter focuses on Data Presentation and Analysis. In the data presentation section, the researcher presents a detailed description of the Hamalatul Qur'an Islamic Boarding School Jogoroto Jombang, including the history of the implementation of the recitation of Surah Al-Insyhirah in the boarding school. This section also explains how the

implementation mechanism of reading Surah Al-Insyirah, has become part of the spiritual routine in the pesantren. Furthermore, in the data analysis section, researchers examine the experiences and perceptions of individual santri related to reciting Surah Al-Insyirah. The researcher also explores more deeply the effect of reciting Surah Al-Insyirah on the students' peace of mind, which is considered to help memorise the Qur'an.

**Chapter V** : This last chapter contains a closing that includes conclusions from the research and suggestions for further researchers.