

**ENHANCING EMOTIONAL QUOTIENT THROUGH PAI LEARNING BASED
ON THE MERDEKA CURRICULUM AT SMP MUHAMMADIYAH 03 NGAWI**



By:

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42.2021.1.1.3169

DEPARTEMENT OF ISLAMIC EDUCATION

FACULTY OF TARBIYAH

UNIVERSITY OF DARUSSALAM GONTOR

2025/1446

**ENHANCING EMOTIONAL QUOTIENT THROUGH PAI LEARNING
BASED ON THE MERDEKA CURRICULUM AT SMP
MUHAMMADIYAH 03 NGAWI**

A THESIS

Presented

In Partial Fulfillment of Requirements to Complete the Licentiate Program

Department of Islamic Education

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ABSTRAK

PENINGKATAN KECERDASAN EMOSIONAL MELALUI PEMBELAJARAN PAI BERBASIS KURIKULUM MERDEKA DI SMP MUHAMMADIYAH 03 NGAWI

MUTHI'AH KHANSA

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Di era modern ini, kecerdasan emosional menjadi aspek penting dalam perkembangan individu, terutama bagi peserta didik. Kurangnya pengelolaan emosi yang baik dapat menyebabkan berbagai permasalahan sosial, seperti rendahnya empati, kesulitan dalam bersosialisasi, dan peningkatan konflik di lingkungan sekolah. Pendidikan Agama Islam (PAI) memiliki peran strategis dalam membentuk kecerdasan emosional peserta didik, terutama dalam konteks Kurikulum Merdeka yang menekankan pada pembelajaran holistik dan berbasis karakter. Oleh karena itu, penelitian ini berjudul "Peningkatan Kecerdasan Emosional dengan Pembelajaran PAI Berbasis Kurikulum Merdeka"

Penelitian ini bertujuan untuk: (1) mengetahui bagaimana perumusan pembelajaran PAI berbasis Kurikulum Merdeka dalam meningkatkan kecerdasan emosional peserta didik, serta (2) mengetahui cara pembelajaran PAI berbasis kurikulum merdeka terhadap perkembangan kecerdasan emosional mereka. (3) mengetahui strategi yang digunakan dalam pembelajaran PAI untuk peningkatan kecerdasan emosional berbasis kurikulum merdeka.

Penelitian ini menggunakan pendekatan kualitatif dengan metode deskriptif. Data dikumpulkan melalui observasi, wawancara, dan dokumentasi di salah satu sekolah yang menerapkan Kurikulum Merdeka. Teknik analisis data menggunakan model Miles dan Huberman yang meliputi reduksi data, penyajian data, serta penarikan kesimpulan dan verifikasi.

Hasil penelitian menunjukkan bahwa: (1) pembelajaran PAI berbasis Kurikulum Merdeka menekankan metode reflektif, diskusi, dan pendekatan berbasis proyek yang memungkinkan peserta didik lebih memahami dan mengelola emosi mereka dengan baik, (2) penerapan pembelajaran ini berdampak positif terhadap kecerdasan emosional peserta didik, terutama dalam aspek pengelolaan emosi, empati, motivasi diri serta keterampilan sosial mereka. (3) strategi pembelajaran yang efektif dalam meningkatkan kecerdasan emosional mencakup pendekatan berbasis pengalaman (*experiential learning*), integrasi nilai-nilai agama dalam aktivitas sehari-hari, serta pembelajaran kolaboratif yang mendorong interaksi sosial dan refleksi mendalam. Strategi ini memungkinkan peserta didik tidak hanya memahami konsep agama secara kognitif, tetapi juga menginternalisasikan nilai-nilai emosional dan sosial dalam kehidupan mereka.

Peneliti merekomendasikan beberapa hal, yaitu: (1) bagi pendidik, agar lebih mengoptimalkan strategi pembelajaran yang berbasis pengalaman dan diskusi reflektif untuk meningkatkan kecerdasan emosional peserta didik, (2) bagi sekolah, agar terus mendukung implementasi Kurikulum Merdeka dalam PAI dengan menyediakan lingkungan belajar yang kondusif bagi pengembangan kecerdasan emosional, dan (3) bagi peserta didik, diharapkan dapat lebih aktif dalam menerapkan nilai-nilai PAI dalam kehidupan sehari-hari untuk meningkatkan kecerdasan emosional mereka.

Kata Kunci: *Kecerdasan Emosional, Pembelajaran PAI, Kurikulum Merdeka.*

ABSTRACT

ENHANCING EMOTIONAL QUOTIENT THROUGH PAI LEARNING BASED ON THE MERDEKA CURRICULUM AT SMP MUHAMMADIYAH 03 NGAWI

MUTHI'AH KHANSA

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In this modern era, Emotional Quotient is an important aspect in individual development, especially for students. Lack of good emotional management can lead to various social problems, such as low empathy, difficulty in sociality, and increased conflict in the school environment. Islamic Religious Education (PAI) has a strategic role in shaping students' Emotional Quotient, especially in the context of the Merdeka Curriculum which emphasizes holistic and character-based learning. Therefore, this study is entitled "Increasing Emotional Quotient with PAI Learning Based on the Merdeka Curriculum".

This study aims to: (1) find out how the formulation of PAI learning based on the Merdeka Curriculum in Enhancing students' Emotional Quotient, and (2) find out how PAI learning based on the Merdeka Curriculum on the development of their Emotional Quotient. (3) knowing the strategies used in PAI learning to increase Emotional Quotient based on the Merdeka Curriculum.

This research uses a qualitative approach with descriptive methods. Data were collected through observation, interviews, and documentation in one of the schools implementing the Merdeka Curriculum. The data analysis technique uses the Miles and Huberman model which includes data reduction, data presentation, and conclusion drawing and verification.

The results showed that: (1) PAI learning based on the Merdeka Curriculum emphasizes reflective methods, discussions, and project-based approaches that allow students it better to know and manage their emotions, (2) the application of this learning has a positive impact on students' Emotional Quotient, especially in the aspects of emotional management, empathy, self-motivation and social skills. (3) Effective learning strategies in enhancing Emotional Quotient include experiential learning approaches, the integration of religious values into daily activities, and collaborative learning that encourages social interaction and deep reflection. These strategies enable students not only to understand religious concepts cognitively but also to internalize emotional and social values in their lives.

Researchers recommend several things, namely: (1) for educators, To further improve experiential learning strategies and reflective discussions to improve students' Emotional Quotient, (2) for schools, to continue to support the implementation of Merdeka Curriculum in PAI by providing a conducive learning environment for the development of Emotional Quotient, and (3) for students, to be more active in applying PAI values in daily life to improve their Emotional Quotient .

Keywords: Emotional Quotient, PAI Learning, Merdeka Curriculum.

APPROVAL OF SUPERVISOR

Honorable,

Dean of Faculty of Tarbiyah

University of Darussalam Gontor

Bismillahirrahmanirrahim,

Assalamu'alaikum Wr. Wb.

It is my honour to present the thesis written by:

Name : Muthi'ah Khansa

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The Title : **“ENHANCING EMOTIONAL QUOTIENT THROUGH
PAI LERANING BASED ON THE MERDEKA
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I declare that this thesis has been processed and corrected to fulfill the requirement for the degree of Licentiate in the Faculty of Tarbiyah. Therefore, I request that the thesis could be examined soon.

Wassalamu'alaikum wr. wb.

Mantingan, February 22, 2025 AD

Sya'ban 23, 1446 AH

Supervisor,



Assoc. Dr. Abu Darda, M.Ag.

CERTIFICATION

Bismillahirrahmanirrahim,

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

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The Title : **Enhancing Emotional Quotient through PAI Learning Based on the Merdeka Curriculum at SMP Muhammadiyah 03 Ngawi**

In Partial fulfillment of the requirement for the degree of Licentiate in Islamic Education in the Faculty of Tarbiyah, academic year 1444-1445/2023-2024.

Wassalamu'alaikum wr. wb.

Gontor, February 27, 2025 AD

Sya'ban 28, 1446 AH

Dean of Faculty of Tarbiyah,



Dr. Agus Budiman, M.Pd.

DECISION OF TEAM

The committee of thesis examination in partial fulfilment of the requirement for the degree of Licentiate in Islamic Education in the Faculty of Tarbiyah, University of Darussalam Gontor Indonesia, declared that the thesis written by:

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The board of examiners has decided to grant her passed in thesis examination. Hence, she is eligible to be awarded the degree of licentiate in Islamic Education in the Faculty of Tarbiyah.

Gontor, March 11, 2025 AD

Ramadhan 11, 1446 AH

Chairman,

Assoc. Dr. Abu Darda, M.Ag

1. Mr. Dr. Cecep Sobar Rochmat, S.Th.I., M.Pd.I



2. Mrs. Mutiara Dewi, M.Pd



STATEMENT OF ORIGINALTY

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I declare with sincerity that thesis originally belongs to my own work and does not belong to other researchers for different degrees. Furthermore, this thesis is not work published before, expect for some part with their original references.

Otherwise, if it is found that this thesis contains plagiarism, I'm ready to be terminated academically.

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Sya'ban 28, 1445 AH

Researcher,

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MOTTO

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾

Meaning: (Namely) those who believe and whose hearts find peace in the remembrance of Allah. Remember, that only by remembering Allah will the heart always be at peace.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

Meaning: Allah does not burden a soul beyond its capacity.

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DEDICATION SHEET



I dedicate this worthy thesis to them for their unwavering support in finishing this thesis. First of all, to Allah, The Almighty, The Most Merciful, The Most Compassionate, The King, The Powerful, The Most Gentle, and The Gracious. My Prophet Muhammad, The Light of Humanity, Most Believable, Most Trustworthy, Most Intelligence, and The Noblest to become rahmatan lil-'alamin.

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