

**THE EFFORT OF STUDENTS OF RELIGIOUS STUDY PROGRAM OF
MAN BATANG IN INCREASING SPIRITUALITY FOR
SUSTAINABILITY AND HAPPINESS DURING THE COVID-19
PANDEMIC**

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ABSTRACT

The world has been shaken by the Covid-19 pandemic which has an impact on all fields and aspects of people's lives. The education sector is no exception. So that with this pandemic disaster, everyone must be able to resolve themselves with circumstances space for movement. All activities stopped including educational activities. Type of research using field research. The approach uses a qualitative approach. Primary data sources in the form of information form Students of Religious Study Program of MAN Batang. Data collection techniques using questionnaires and interviews via google form. Data analysis using content analysis. The results of the study showed that most students were disturbed by the covid-19 pandemic, especially in learning activities. Most of the students believed that there was divine intervention in the occurrence of this pandemic. From this belief, students carry out various spiritual activities to get closer to Allah. These spirituality activities can have a good impact and influence on students, especially in terms of morals. After this pandemic, most students will still involve Allah in all their affairs, because Allah will always be with His servants from birth to death.

Keywords: Sprituality, Sustainability, Happiness, Covid-19 Pandemic, MAN Batang

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INTRODUCTION

The world has been shaken by the Covid-19 pandemic which has an impact on all fields and aspects of people's lives. The education sector is no exception. So that with this pandemic disaster, everyone must be able to resolve themselves with circumstances space for movement. All activities stopped including education activities.

The parties most disadvantaged by the Covid-19 pandemic are students. Students cannot receive learning as usual because all educational activities at school have stopped.² Even though an alternative is applied, from that alternative, learning outcomes are felt to be lacking.³ The alternative is in the form of online learning. Online learning is done by means of distance communication using the internet network.

METHODS

The type of research used is field research. The research approach uses a qualitative approach. The place of research is at MAN Batang

which is carried out online via google form. The time of the research was carried out on Tuesday, December 28, 2021 and Wednesday, December 29, 2021. Primary data sources were obtained from the students of MAN Batang in the Religious Studies Program. The focus of his research is on how the response and spiritual attitudes of students to the Covid-19 pandemic are for their happiness. Data collection techniques using questionnaires and interviews via google form. Data analysis uses content analysis, namely analysis by reviewing all data content that is entered into the discussion section.

RESULTS AND DISCUSSION

Number of Respondents

Of the 179 students who gave answers or responses, only 32 students. So that only 17.88 percent of students answered and 82.22 percent of students did not answer. From the number of students who gave responses, it can be concluded that there are still few students who are responsive. Of the 68 students who gave answers or responses, only 6 students gave answers. So that only 8.82 percent answered and 91.18 percent of students did not give an answer. Of the total 111 students who gave answers or responses, only 26 students. So that only 5.4 percent of students answered and 94.6 students who did not answer.

From the number of students who became respondents, which amounted to 32, obtained 8 students

² Shinta, D., Aini, D. N., Pratiwi, R. S., & Mahmudah, U. (2021, December). Pembentukan Karakter melalui Pembelajaran Kalkulus Berbasis I-SETS (Islamic Science Environment Technology and Society) di Masa Pandemi. In *SANTIKA: Seminar Nasional Tadris Matematika* (Vol. 1, pp. 234-247).

³ Fatimah, S., & Mahmudah, U. (2020). How E-Learning Affects Students' Mental Health During Covid-19 Pandemic: An Empirical Study. *DWIJA CENDEKIA: Jurnal Riset Pedagogik*, 4(1), 114-124.

and 26 students. So it is known that 18.8 percent of students and 81.2 percent of students. There are 7 respondents who are 15 years old, 4 people are 16 years old, 12 people are 17 years old, 18 years old are 4, 19 years old are 3 people, and 20 years old are 2 people. Of the 32 respondents, only one has an address in Pekalongan and 31 has an address in Batang.

Response to Covid-19

Of the 32 respondents, it is known that 84.4 percent feel disturbed by the COVID-19 pandemic during 2020-2021 for their lives and happiness and 15.6 percent do not feel disturbed. So it can be concluded that most students feel disturbed by the COVID-19 pandemic.

1. Reasons to Feel Disturbed

In general, the reason why they feel disturbed is the obstruction of all activities outside the home. These activities are learning activities, social activities, and work or economic activities.

a. Learning Activities (Educational)

The existence of the COVID-19 pandemic for the implementation of education has caused several problems, especially for students at MAN Batang, the Religious Studies Program. Learning that should be face-to-face,

must be carried out online.⁴ The online learning system gives rise to a lot of subject matter that cannot be understood properly.⁵ When learning takes place, students cannot ask more freely and there is a lack of explanation from the teacher.⁶ Learning becomes unattractive because you can't see the faces of the teachers, so you can't get to know them better.⁷

Learning usually uses social media. Communication that is used to be done through social media makes the brain's performance slightly decrease. According to research, a three-week vacation can reduce IQ by 20 points, this opinion was stated by a German psychologist named Siegfried. Moreover, one year of studying at home, increasingly makes it

⁴ Erna Rohmawati (Student of Class XII Religion 1), Personal Interview and Google Form Questionnaire on 28 December 2021

⁵ Khoiru Ummah Amelika Reza (Student of Class XI Religion 1), Personal Interview and Google Questionnaire Form on 28 December 2021

⁶ Lintang Tsaniatu Azzahro (Student of Class X Religion 1), Personal Interview and Google Questionnaire Form on 28 December 2021

⁷ Siti Hotimah (Student of Class XII Religion 1), Personal Interview and Google Form Questionnaire on 28 December 2021

difficult for people to think critically.⁸

b. Social Activity

As the characteristics of humans are social creatures that require interaction with other humans. However, the COVID-19 pandemic has an impact on human life which is required to reduce their interaction with other humans. This causes the government to set policies to limit various community activities. So from the restrictions on these activities, people are required to stay at home. This policy eventually led to various social problems. Social problems experienced by students of MAN Batang Religious Studies Program include the following:

- Life becomes abnormal.⁹
- Tired of doing activities at home.¹⁰
- Lots of pending plans.¹¹

- Less interaction with neighbors.¹²
- Limited friendship and handshake.¹³
- Fear of being raided if you don't comply with health protocols.
- Equipment and preparation become more troublesome, for example having to wear a mask which makes the breath stale.¹⁴
- Inhibits human development, because to be able to develop must go through direct interaction and communication.¹⁵
- Difficulty speaking fluently because they rarely socialize directly.
- Cannot take a vacation which should be a means of entertainment and recreation for spiritual health.¹⁶

c. Employment Activities (Economy)

The COVID-19 pandemic has also had a major impact on the

⁸ Lia Afiana (Student of Class XII Religion 1), Personal Interview and Questionnaire Google Form on 28 December 2021

⁹ Moh. Zidan Al Akbar (Student of Class X Religion 1), Personal Interview and Google Form Questionnaire on December 28, 2021

¹⁰ Pinky Haliza Putri (Student of Class X Religion 1), Personal Interview and Questionnaire Google Form on 28 December 2021

¹¹ Hikari Elysia (Student of Class XII Religion 1), Personal Interview and

Questionnaire Google Form on 28 December 2021

¹² Nur Hayyu Auliya (Student of Class XI Religion 1), Personal Interview and Google Questionnaire Form on 28 December 2021

¹³ Fadila Rahmadanti ((Student of Class XII Religion 2), Personal Interview and Google Questionnaire Form on 28 December 2021

¹⁴ Siti Hotimah

¹⁵ Azzahra Qiara Bilhaq (Student of Class X Religion 1), Personal Interview and Google Questionnaire Form on 28 December 2021

¹⁶ Lia Afiana

economy. Because many activities are limited without exception economic activity. Economic problems experienced by students of MAN Batang Religious Studies Program include:

- Parents' business activities have decreased.¹⁷
- Internet access fee crisis.¹⁸
- Disrupt the family's economy because many have been laid off.¹⁹

Of the various reasons students feel disturbed, the most dominant thing is in learning activities. Because, they still really need various learning facilities to develop their knowledge and skills. They need character education for them, including between moral and spiritual.

2. Reasons Not to Feel Disturbed

Nevertheless, there were several students of MAN Batang Religious Studies Program who said they were not bothered by the Covid-19 pandemic. The reasons for not

feeling disturbed include the following:

- Strong belief that everything is arranged by Allah.²⁰
- Take life as normal.²¹
- Applying the principles of gratitude, patience, and sincerity for all of God's destiny.²²

The reason for not feeling disturbed by the existence of Covid-19 is quite reasonable. According to the author, as an alternative, these reasons can be used as principles in dealing with all God's provisions. As faithful servants, we must believe that Allah's decree is the best. Where the decision will never go wrong. However, as ordinary humans, we should feel disturbed by the Covid-19 pandemic, especially for students. Because the first activity that the government prioritizes to overcome the COVID-19 pandemic is learning activities in schools. So that the most disadvantaged are students.

¹⁷ Dwi Lestari (Student of Class XII Religion 2), Personal Interview and Questionnaire Google Form on 28 December 2021

¹⁸ M. Fariz Khalid Rosyidin (Student of Class XI Religion 1), Personal Interview and Google Questionnaire Form on 28 December 2021

¹⁹ Delima Damayanti (Student of Class XII Religion 2), Personal Interview and Questionnaire Google Form on 28 December 2021

²⁰ M. Hasyid Ardian Basman (Student of Class XII Religion 2), Personal Interview and Google Questionnaire Form on 28 December 2021

²¹ Muhamat Lega Abdi Nugroho (Student of Class XII Religion 2), Personal Interview and Google Questionnaire Form on 28 December 2021

²² Gunanti Setya Irani (Student of Class XII Religion 2), Personal Interview and Questionnaire Google Form on 28 December 2021

God's Involvement in the Covid-19 Pandemic Calamity

Of the 32 respondents, it is known that 65.6 percent believe in God's intervention in this COVID-19 pandemic, 18.8 do not believe it, and 15.6 still doubt and feel doubts. So it can be concluded that most of the students' spiritual condition is good because it involves God in every business.

1. Reasons for Believing in God's Intervention

The reason for believing in God's intervention in this covid-19 pandemic disaster, in general, is the belief that everything happens on the basis of God's destiny. All of God's decrees, including the Covid-19 pandemic, have many lessons that we can take as a form of testing and lessons for us. Trials are God's way of judging one's faith. A person can be said to have faith if he has been tested.²³ This is as in QS. Al Ankabut verses 2-3.

Trials or calamities are also a form of God's love and affection for His servants. God will not give a test beyond the ability of His servant.²⁴ The form of God's love and compassion is that if humans

are patient with all the trials that Allah has given, then Allah will raise their rank and these tests can dissolve the sins they have ever committed. As a test also whether we believe death comes from creatures such as a virus or from God's destiny and what are our efforts in dealing with this situation.²⁵ Another lesson is as a lesson so that we pay more attention to the environment that is damaged due to human greed and to reduce immorality.²⁶ It is also a lesson for us to always maintain cleanliness and health.²⁷ Another lesson is that we become closer to our families who previously were out of the house more often.²⁸ This epidemic also teaches us the meaning of togetherness and patience.²⁹

But there are also those who think that the COVID-19 pandemic is a small apocalypse. As we all know that there are many calamities and disasters are some of the signs of the apocalypse or can be called a small apocalypse.³⁰

Based on the answers from respondents, it can be concluded that they have been

²³ Berliana Wijayanti (Student of Class X Religion 1), Personal Interview and Questionnaire Google Form on December 29, 2021

²⁴ Meydina Nur Fadhila (Student of Class X Religion 1), Personal Interview and Google Questionnaire Form on 28 December 2021

²⁵ Lia Afiana

²⁶ Hikari Elysia

²⁷ Nur Hayyu Auliya

²⁸ Istiqomah (Student of Class XII Religion 1), Personal Interview and Google Form Questionnaire on 28 December 2021

²⁹ Azzahra Qiara Bilhaq

³⁰ Delima Damayanti

able to interpret life more meaningfully and do not blame themselves or other parties, especially the Covid-19 pandemic.

2. Reasons for Not Believing in God's Intervention

The reason for not believing in God's intervention in this covid-19 pandemic disaster is the assumption that the covid-19 pandemic is political propaganda deliberately made by the Chinese state as the rumors we often hear in the media.³¹ There is also an assumption that it is the fault of humans themselves.³² This covid-19 pandemic started from the Chinese people who like to eat animals of unknown origin³³, in the sense of animals that are forbidden to eat such as pigs and others.

Based on the answers from respondents, it can be concluded that a small number of them still believe in provocation news, namely blaming other parties for the presence of covid-19. Receiving news or information is necessary and we can hold on to it or we can use it as an insight to deal with things that are not wearing or dangerous or just being careful. However,

if you believe too much, according to the author, it is not appropriate because the news that is spread is not necessarily true, especially if the news is provocation. Second, the highest truth is in the Most True God. So, the first thing we believe is news that comes from God, so that news other than God can be doubted in the sense that we can believe but don't believe too much and don't believe we can but don't be too distrustful.

3. Reasons That Doubt the Intervention of God

As for the reason for those who doubt whether there is divine intervention or not, whether it is purely from natural law, that is, they have not explicitly stated the reason. However, they gave feedback on how to react to it, namely by being careful in doing something.³⁴ If it is interpreted as God's intervention, then we must always carry out all His commands and stay away from all His prohibitions. If it is interpreted without God's intervention, then we must always be able to maintain health and cleanliness. Judging from the reasons they gave, according to the author, they actually believed in God's intervention. This is shown by what steps they want to take

³¹ M. Fariz Khalid Rosyidin

³² Gunanti Setya Irani

³³ Muhamat Lega Abdi Nugroho

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³⁴ Muh. Zidan Al Akbar

afterward, which is to be careful in what they do not to commit sins or prohibitions from Allah and not to leave Allah's commands.

Spirituality Activities in Order to Find a Way Out of the Covid-19 Pandemic

Respondents' answers related to the spiritual activities carried out, there were answers that were appropriate, namely correct spiritual activities and some of the answers that were not appropriate, namely the answers given in the form of activities outside of spiritual activities, such as buying food, playing cell phones at home, taking care of health, stay away from crowds, sunbathe, wash hands, wear masks, and others. Though it is not a spiritual activity but a form of physical endeavor.

The appropriate answers include praying³⁵, reading shalawat thibbil qulub³⁶, dhikr, reading and memorizing the Qur'an and embellishing its contents by reading translations and interpretations, reading propaganda posters on social media³⁷, praying for protection³⁸

³⁵ Umi Subariyah (Student of Class XII Religion 2), Personal Interview and Questionnaire Google Form on 28 December 2021

³⁶ Berliana Wijayanti

³⁷ Lia Afiana

³⁸ Azzahra Qiara Bilhaq

and health³⁹ and so that the pandemic will end soon⁴⁰, be diligent in doing charity⁴¹, listening to da'wah lectures on social media, reading da'wah posts⁴², following Islamic studies conducted virtually⁴³, and so on.

The Influence of Spiritual Activities for the Sustainability of Life in Achieving Happiness

Based on the answers given by respondents, it can be seen that spiritual activities can be an alternative in dealing with the covid-19 pandemic. After carrying out various good impacts or influences, including being more grateful for the blessings that Allah has given⁴⁴, increasing faith and piety⁴⁵, strengthening religion⁴⁶, making frequent prayers⁴⁷, being close to God⁴⁸, being able to learn to know

³⁹ Qonita Helga (Student of Class XII Religion 2), Personal Interview and Questionnaire Google Form on 28 December 2021

⁴⁰ Nur Rochmah (Student of Class XII Religion 2), Personal Interview and Questionnaire Google Form on 28 December 2021

⁴¹ Fadila Rahmadanti

⁴² Nur Ratna Aulia (Student of Class XII Religion 2), Personal Interview and Questionnaire Google Form on 28 December 2021

⁴³ Gunanti Setya Irani

⁴⁴ Dwi Lestari...

⁴⁵ Hikari Elysia...

⁴⁶ Qonita Helga...

⁴⁷ Manisa (Student of Class XI Religion 1), Personal Interview and Google Form Questionnaire on 28 December 2021

⁴⁸ Delima Damayanti...

yourself, being closer to nature⁴⁹, the heart becomes calm⁵⁰, peace⁵¹, joy and happiness⁵², life feels simple and complements each other⁵³, complaints are reduced⁵⁴, feels always protected by Allah⁵⁵, gets wisdom as knowledge⁵⁶, makes life in society more harmonious⁵⁷, the heart becomes more patient, loves oneself and other people, do not despair, do not get bored, do not get annoyed, understand God's love⁵⁸, feel they have a life support and a place to complain⁵⁹, and so on. Thus, the spiritual activities that have been carried out have provided many good implications for students so that these activities can always be carried out so that we become better ourselves.

Morals and Attitudes Caused

Some of the morals and attitudes that arise from spirituality activities as described above have been mentioned as influences from these spiritual activities, such as gratitude, piety,

⁴⁹ Zaqiyah Risqiana (Student of Class XI Religion 2), Personal Interview and Google Questionnaire Form on 28 December 2021

⁵⁰ Umi Subariyah...

⁵¹ Azzahra Qiara Bilhaq...

⁵² Siti Hotimah...

⁵³ Prihadini Suryaning Utami (Student of Class XII Religion 2), Personal Interview and Google Questionnaire Form on 28 December 2021

⁵⁴ Pinky Haliza Princess...

⁵⁵ Moh. Zidane Al-Akbar...

⁵⁶ Gunanti Setya Irani...

⁵⁷ Fadila Rahmadanti...

⁵⁸ Lia Afiana...

⁵⁹ Berliana Wijayanti...

patience, and so on. Other attitudes and morals that are caused are being more diligent in carrying out spiritual activities⁶⁰, being polite, speaking unnecessarily⁶¹, being more careful in doing things⁶², being easier to accept situations⁶³, easier to control emotions and anger⁶⁴, being more honest, disciplined, responsibility, tolerance for others, mutual cooperation, having self-confidence⁶⁵, and so on. Thus, the spiritual activities that have been carried out have had a lot of good impacts on students in the form of improving attitudes and morals so that these activities can always be done so that we become better ourselves.

Attitude After the Covid-19 Pandemic

Of the 32 respondents, it is known that 84.4 percent will continue to involve God in all matters after the COVID-19 pandemic is resolved, 15.6 will not involve it, and zero percent doubt it. Thus, the spiritual condition of students is quite good because most of them still involve their God in all their affairs.

Reasons for Involving Allah Until the End of Life

⁶⁰ Delima Damayanti...

⁶¹ Zaqiyah Risqiana...

⁶² Moh. Zidane Al-Akbar...

⁶³ Nur Ratna Aulia...

⁶⁴ Lintang Tsaniatu Azzahro...

⁶⁵ Fadila Rahmadanti...

Based on the answers, respondents will involve God in every aspect of their lives until the end of their lives. Some of the reasons are because Allah is the Creator.⁶⁶ He created us so that He will always be involved in all aspects of His created life.⁶⁷ Allah governs all the lives of His servants.⁶⁸ Allah always accompanies His servant's journey from birth to death.⁶⁹ Allah is always watching over His servants.⁷⁰ Allah never sleeps and is never heedless.⁷¹ God determines destiny, including turning us on and off.⁷² However, Allah will only be with His servants who obey and believe in Him.⁷³ Involving Allah in all affairs with the aim of making all matters easier and if you do not want to be disappointed then only hope in Allah.

Another reason is the belief that the purpose of human creation is to worship as QS. Adz-Dzariyat verse 56. So that all forms of affairs must worship Him. Worship as a form of effort to get His pleasure. Because all our affairs will not be achieved if Allah does not bless him. The belief that God's destiny or choice for us is the best choice for us.

Man is a weak creature so he needs strength above him. The highest power is only the power that is in Allah. Thus, humans can become strong because they get strength from Allah the Almighty. Confidence is also that we will be responsible for all our actions before Allah. The reason for not wanting to involve Allah is because of the belief that Allah will not let His servants suffer. Based on these answers, it can be concluded that most of the students have understood the essence of life in the world, namely to serve the Almighty. Meanwhile, the reason for not wanting to involve God, according to the author, is irrelevant. That reason should have been put forward when he said he would involve God.

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⁶⁶ Dwi Lestari...

⁶⁷ Istiqomah...

⁶⁸ Pinky Haliza Princess...

⁶⁹ Hikari Elysia...

⁷⁰ Nur Rochmah...

⁷¹ Muhamat Lega Abdi Nugroho...

⁷² Zaqiyah Risqiana...

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