

Habits of happy brain to develop the culture of Quran literacy

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Abstract. A contradiction in a predominantly Muslim country, adolescents in Indonesia are still problematic in Quran literature. The unique thing happened at SMA 1 Soreang, West Java, where the school got achievement of Quran literacy activities both among students and teachers. This study aims to find answers how the habitual process occurs and why it can last until now entering the third year without boredom among teachers and students. Research data were obtained by observation, in depth interview, and literature reading. The results of this study informed that the habit of reading Al Quran among students stems from the increased interest in reading that is supported by the principal through the task of reading short stories. After reading interest arises, students are accustomed to reading without any burden or coercion. Within a period of twenty-one months, there were formed groups of students and groups of teachers who had a Quran literacy habit. Normally the joy will decrease when the habit is formed and began to appear boredom. Factors of belief and strong hope to gain happiness, reward from God that led to the habit of leading into a culture of literation without boredom.

1. Introduction

Al Quran is Muslims life-guide throughout the world, therefore the habit of reading the Quran should be well implanted to Muslims including adolescents. Indonesia is a country with the majority of its population are Muslims but based on the research done by Hassan stated that only 30% Indonesian Muslims have Al Quran reading habit [1].

The literacy basic regulation for Muslims is Surah 95th (Al Alaq 1st -5th) that are the first five verses which given from Allah through the angel, Gabriel, to our prophet Muhammad SAW. So that we all Muslims are ordered to read written verses such as Al Quran and unwritten verses like all of Allah's creatures as the guidance of our life to reach willingness of Allah SWT. In other word, it is a must for us, all of the Muslims to read, comprehend, write it and then the most important thing to do is to apply it in our daily life.

In contrast, there is a unique phenomenon to increase the literacy willingness of teenagers of Senior High School students but not in reading, comprehending and applying Al Quran in their daily life, they tend to curios in knowing of find out information about their idols, Asian Artists. They like reading and writing actively about their idols' life in social media also watching their dramas and reading the story books from the countries their idols come from.

Based on its phenomenon, the headmaster of SMAN 1 Soreang tries to apply the student's habit in reading the books that they like as the conditioning to the Quran reading habit. In twenty-one months,



there are twenty-two teachers who have hobby in Quran literacy, even have finished twice in reading all part of the Quran.

This study aims to find answers how the habitual process occurs and why it can last until now entering the third year without boredom among teachers and students. Research data were obtained by observation, in depth interview, and literature reading.

2. Method

2.1. Research design

This research used qualitative method of case study. The subjects we interviewed were three teachers from 30 teachers Tadarus Soji plus 3 students who were active in Quran literacy.

2.2. Research instrument

The Instruments used in this study are documentation, the data interview record, direct observation and participant observation.

2.3. Data analysis

After deciding the theme of the case, the researcher, observed the respondents, deeply interviewed the respondents, studied relevant literature and references, finally analyzed the data.

- The researcher read the whole transcript to acquire general information.
- Those general messages are compiled to find the specific messages.
- From those specific message and information, we can know the general pattern of the data collected. After that, the data are classified based on its sequence of event, category, and type as in qualitative research that the process of analyzing the data began since the researcher in the field, when we collecting the data and after all of the data collected.
- The researcher did the findings triangulation, or we often called as confirmability so that it's not bias, that is by reporting research findings to the informant who are interviewed.

3. Results and discussion

In the early of January 2016, the literacy program in SMAN 1 Soreang is started by inviting students as the volunteers from thirty fives classes who are interested in reading books to write book reviews and present also report them to certain teachers as the teachers appointed by the headmaster.

In the flag ceremony on Mondays, those students are allow to present their book review regularly on schedule. They are rewarded by getting pin and certificate in front of all students and teachers attending its flag ceremony. After that, they are appreciated by the school in participating in some literacy competition in the district level even in the provincial level. In addition, they are targeted in the higher level competition which one of the rewards is students program in visiting Adelaide, South Australia's capital city like the writer and two other English teachers who had opportunity in visiting some schools in Adelaide for three weeks. Beside those programs, the headmaster created a new extra-curricular, "Reading Habit" launched and released by the chairman of Educational Department of Bandung District.

Since July 2017, the school added fifteen minutes before seven o'clock (6.45 to 7.00) to allow the students guided by the first teacher teaching in the first hour in that class to have GLS (literacy school program) from Tuesday to Friday because on Mondays we attend flag ceremony. The program consists of reciting five verses of certain surah in Quran together loudly and also its translation followed by reading their own story book brought from their house, ended by reciting the pray as the closing in the tenth hour guided by the teacher teaching in the last hour every day.

The other program is teachers who responsible for every class allow every students to present their Quran literacy capability by reciting a verse and its translation to support and appreciate them in reciting regularly at their house.

The following program is to build a group consists of volunteers in a group of WA namely “Tadarus Soji”. Every person in this group has assignment of reciting Quran two juz divided by twenty-two teachers in a day at their house of each member, so that every fifteen day they have khatam. The members of the first period are twenty members and then the second period the members are twenty-two teachers.

Every morning, after Dawn prayer, the writer also the researcher as the admin of “Tadarus Soji” delivers the schedule of reciting for every member through WA group and if every member has recited their turn, they report it to the admin in WA group.

The process of forming the reading habits of the Qur'an in SMAN 1 Soreang is bridged from the habit of reading short stories. First the headmaster sets the "reading habit" group. Students who join this group are required to make their reading book reviews and reviews regularly, then present and contested. In the bio-psychological review, this habit begins with a first impression change which then leads to a deeper curiosity. This curiosity causes students to read happily without burden. Endorphin hormone is released when students feel happy, making the students feel the Qur'an acts as a stress management. The complexity of the hormones Dopamine and Endorphin play a role in developing the excitement of reading and breaking obstacles of reading [2]–[5]. Once accustomed to in six months, the habit of reading this short story is applied to reading the Qur'an. Within a period of twenty-one months, there were formed groups of students and groups of teachers who had a Quranic literacy habit. The mechanism of this habit Lesson journey form the habit of reading Al Quran in figure 1.

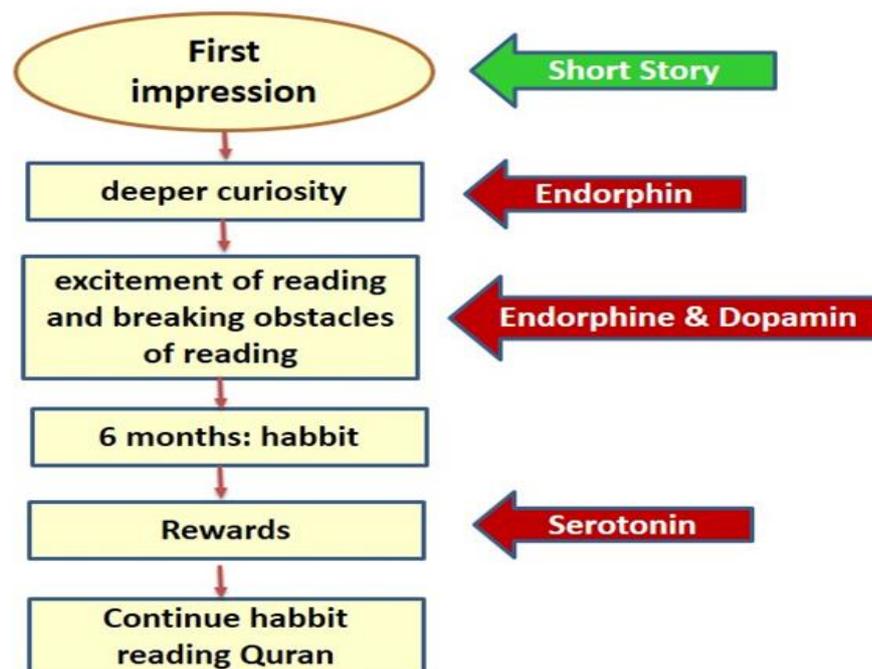


Figure 1. Mechanism of habbits of happy brain in Al Quran literacy.

In the bio-psychological review, this habit begins with a first impression change which then leads to a deeper curiosity. This curiosity causes students to read happily without burden. Endorphin hormone is released when students feel happy, making the students feel the Quran acts as a stress management. Endorphins are endogenous opioid peptides that act as neurotransmitters. Endorphins have the same structure as Morphine drugs taken by people to reduce pain signals. In fact endorphins are endogenous morphine, morphine is released in the body by the pituitary gland [6]–[8], [4].

The complexity of the hormones Dopamine and Endorphin play a role in developing the excitement of reading and breaking obstacles of reading. Once accustomed to in six months, the habit of reading this short story is applied to reading the Quran.

In the group "Tadarus Soji", the group admin continuously warns all of its members to read the Quran. This is like continues exercise that release of endorphin. All exercises to keep the mind calm, feel confident, happy associated with the release of endorphins.

In reciting The Holy Quran, the respondents unconsciously do the meditation training because The Holy Quran consist of the pray and praise to Allah. This case study done in 2005 by Kakigi et al showed us that the result of Electro Encheplaografi (EEG), our brains produce a majority neurochemistry which caused happiness such as endorphin that makes people feel happy experience that reduces of the pain, stress, and give the entire happiness feeling [2,9,10]. Besides that, the alpha rhythm of our brain wave is noted during the meditation training that lead the patient to the relaxation situation [11].

The headmaster motivates the students by giving appreciation that is rewards given when they attend the flag ceremony, finance support by sending the students to participate in some relevant competition, the daily finance when the teachers visiting Adelaide, South Australia. The research done by Arbib (2013) showed that rewards encourage neuron dopamine from tegmental transium [12]. Rewards also increase the releasing of endorphines. endorphins function like opioids and have similar receptors [13]. Endorphins in addition to improving mood also protect humans from stress, hypertension, depression and heart attacks. Endorphins are released during stress and hypertension and endorphins bind to opioid receptors in neurons that block the release of neurotransmitters and in turn block pain signals to the brain [14]. A happy feeling triggers a positive mind and activities [15].

The formation of extracurricular activities of reading and participation in various competitions as well as the existence of the WhatsApp group in which admin group always motivates all members cause the role of serotonin and oxytocin plays a role in the formation of a sense of solidarity and appreciation among participants. These conditions support the pleasing custom of Quran literature. The excitement of this reading is then applied to reading the Quran.

Normally the joy will decrease when the habit is formed and began to appear boredom. From the results of in-depth interviews, it is known that the factors causing consistency of the teachers and students to continue reading Al Quran is absolute confidence and hope. They believe that by reciting the Quran the heart becomes calm, the mind becomes bright. They believe that Allah will reward more kindness than can be imagined. Great hope of eternal happiness and hope to contribute to the goodness of their parents makes them stick to the recitation of the Qur'an.

4. Conclusion

In establishing the habit of reading the Quran, usually appearance of boredom. In this case, the excitement continues to be nurtured through the motivation of the WA group and the hope of gaining great happiness in the future. This belief in hope keeps the habit of happy brain.

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