

Effectiveness of Listening to the Murottal Al-Qur'an with the Nagham Bayyati Rhythm in Improving Concentration Ability in Fathul Ulum Banyuwangi Madrasah Ibtidaiyah (MI) Students

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ABSTRACT

Background: Murottal is the reading of the Qur'an in accordance with the tajwid plus tartil (slowly and not in a hurry so that the makhrijul letters are conveyed clearly and correctly). The comfort of female students in listening to murottal Al-Qur'an, if it is listened to at a tempo of between 60-70 BPM in a stable manner, without sudden changes in rhythm, and in a soft tone, it will create a feeling of comfort for the female students so that their minds can be more concentrated and focused on one object. This research aims to measure the level of effectiveness of murottal al-Quran on students' concentration levels.

Methods: This type of research is quantitative research using quasi-experimental methods. The sample used was 40 students of Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi. The data collection technique uses the digit span forward and backward test.

Results: This research was carried out at Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi. This research was conducted on 14 – 19 June 2024 with a total of 40 respondents. The data obtained was then processed with the help of the Statistical Package for the Social Sciences 24 (SPSS 24) program

Conclusion: There is a significant influence between listening to murottal Al-Qur'an in the rhythm of Nagham Bayyati and increasing concentration in students at Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi.

I. Introduction

The success of a learning process is influenced by the individual's ability to focus attention on the object being studied. Related to this, concentration is an important aspect for children to achieve learning success. The trend of increasing cases of children's learning problems is related to the range of concentration levels (Basuki & Faizah, 2020).

Concentration is a state of mind or conditioned association that is activated by sensations in the body. How to activate sensations in the body requires a relaxed state and a pleasant atmosphere, because in a tense state a person will not be able to use his brain optimally because the mind becomes empty, a person's concentration on newly received knowledge depends on brain performance (Chyquitita et al., 2018).

Methods that can be used to prevent a decrease in the level of concentration in learning in elementary school students are by using various treatments, which can potentially increase concentration and brain power. The treatments used include using music therapy, murottal Al-Quran therapy, using humor therapy, using puzzle playing therapy, and using brain gym or brain exercises as a treatment used to increase learning concentration in children (Panzilion et al., 2020; Ningsih & Khotimah, 2018)

Etymologically, Nagham is a rhythm or song used in the art of reading the Al-Quran. The plural of the lafadz nagham is naghamaat which means a series of several rhythms and songs in reciting verses from

the Al-Quran. The rhythm in this case is the rhythm that is usually used, namely the Arabic rhythm (Naghamat Arabiyyah) or what is known as the Padang Pasir rhythm. Meanwhile, bayati is a type of nagham. Etymologically, bayati comes from the word bait, which means house, main, main or principal. So Nagham Bayati is the main song in the recitations of the Al-Quran (Mujab, 2021).

The Qur'an linguistically comes from the words qaraa yaqrau quranan which means "reading or being read". In general, the Qur'an is defined as a book containing a collection of Allah's words, a miracle revealed to the Prophet Muhammad sallallahu 'Alaihi Wasallam through the intermediary of the Angel Gabriel, written in a mushaf whose purity is always maintained, and reading it is a great reward and a guide. life for humans in this world and the afterlife (Yaqin et al., 2023).

There has been a lot of research on the effect of music therapy on humans and so far the music most often used for therapy is classical music. However, there is another type of music, namely Murottal Al-Qur'an, which also has a positive influence on the human body (Nurhalimah et al, 2023).

Murottal is the reading of the Qur'an in accordance with the tajwid plus tartil (slowly and not in a hurry so that the makhrijul letters are conveyed clearly and correctly). The comfort of female students in listening to murottal Al-Qur'an, if it is listened to at a tempo of between 60-70 BPM in a stable manner, without sudden changes in rhythm, and in a soft tone, it will create a feeling of comfort for the female students so that their minds can be more concentrated and focused on one object (Yunus, E. S., 2021)

Concentration is focusing attention or thoughts on something. The word concentration comes from English, namely concentrate, which means to focus and concentration, which means to concentrate. So, concentration is an effort to focus attention on the object that is needed by ignoring other stimuli that are not needed. Difficulty in concentrating is often caused by muscle tension and mental tension. To reduce muscle tension in female students, ustazah or teaching staff at Islamic boarding schools can provide relaxation therapy. Relaxation is a technique for reducing tension and anxiety. (Fridaram, O, 2021)

Learning is a process that requires concentration so that what is learned can be understood well. Motivation to learn has a big role in a student's success (Yaqin, 2023). Learning outcomes will be optimal if there is motivation to learn. The more appropriate the motivation given, the better the learning outcomes will be.

Learning outcomes will be optimal if there is motivation to learn. The more appropriate the motivation given, the better the learning outcomes will be. Thus, motivation always determines the intensity of learning efforts for students. (Andriani, R. & Rasto, R, 2019)

In conclusion, researchers are therefore interested in knowing whether murottal Al-Quran can affect concentration levels. This is done with the aim of being able to understand that murottal Al-Quran does have an influence on a person's level of concentration.

II. METHODS

This research was carried out at Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi. This research was conducted on 14 – 19 June 2024 with a total of 40 respondents. The data obtained was then processed with the help of the Statistical Package for the Social Sciences 24 (SPSS 24) program

This type of research is quantitative research using quasi-experimental methods. The sample used was 40 students of Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi. The data collection technique uses the digit span forward and backward test.

III. RESULT

This research was carried out at Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi. This research was conducted on 14 – 19 June 2024 with a total of 40 respondents. The data obtained was then processed with the help of the *Statistical Package for the Social Sciences 24* (SPSS 24) program.

Univariate Analysis

The following univariate analysis explains the distribution of group types among Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi students. The results of the data analysis are as follows:

Table 1. Distribution of group types among Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi students

Group Type	N	%
Experiment	20	50%
Controle	20	50%

Based on table 1, the response frequency results were obtained by group, where the respondents in the experimental group were 20 respondents (50%) and the control group were 20 respondents (50%).

Table 2. Distribution of types of experimental groups before being given treatment in the first week and after being given treatment in the second week in the form of listening to murottal Al-Qur'an in the rhythm of *Nagham Bayyati*

Time	Types of Concentration	N	%
The first week	Low	14	75%
	Currently	6	25%
	Tall	0	0%
Second week	Low	8	35%
	Currently	10	45%
	Tall	2	20%

Based on table 2, the results of the frequency of respondents based on the experimental group in the first test where respondents with low concentration were 14 respondents (75%), medium concentration were 6 respondents (25%), and high concentration were 0 respondents (0%) while the results of the frequency of respondents were based on the experimental group in the second test where respondents with low concentration were 8 respondents (35%), medium concentration were 10 respondents (45%), and high concentration were 2 respondents (20%)

Table 3. Distribution of control group types: the first test in the first week and the second test in the second week for students at Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi

Time	Types of Concentration	N	%
The first week	Low	15	80%
	Currently	4	15%
	Tall	1	5%
Second week	Low	9	45%
	Currently	10	50%
	Tall	1	5%

Based on table 3, the results of the frequency of respondents based on the control group in the first test where respondents with low concentration were 15 respondents (80%), medium concentration was 4 respondents (15%), and high concentration was 1 respondent (5%) while the results of the frequency of respondents were based on the control group in the second test where there were 9 respondents with low concentration (45%), 10 respondents with medium concentration (50%), and 1 respondent with high concentration (5%).

Bivariate Analysis

To see the relationship between two variables, namely the independent and dependent variables, a statistical test was carried out using the Chi Square Test. The results of the data analysis are as follows:

Table 4. Relationship between listening to murottal Al-Qur'an and increasing concentration

Change	Treatment		P
	Before	After	
Go on	14 (75.0%)	8 (35.0%)	0.005
Still	6 (25.0%)	10 (45.0%)	
Down	0 (0.0%)	2 (20.0%)	

Based on table 4, the data obtained is that listening to murottal Al-Qur'an is not effective with increasing concentration. The concentration obtained by respondents before being given treatment had low concentration as many as 15 respondents (75.0%), medium concentration was 5 respondents (25.0%) and high concentration was 0 respondents (0.0%) while the concentration of respondents after being given treatment had low concentration as many as 6 respondents (30.0%), medium concentration was 8 respondents (40.0%) and high concentration was 6 respondents (30.0%). Based on the Chi-Square statistical test with SPSS, the value $p = 0.005$, which means $p < 0.05$, means that H_0 is rejected, H_1 is accepted. So it can be concluded that listening to the murrotal Al-Quran to the rhythm of Nagham Bayyati is more effective than not listening to the murrotal Al-Quran to the rhythm of Nagham Bayyati in increasing the concentration ability of students at Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi

Table 5. Relationship between the experimental group and the control group

Change	Group		P
	Eksperiment	Controle	
Go on	17 (85.0%)	9 (35.0%)	0.009
Still	2 (10.0%)	8 (45.0%)	
Down	1 (5.0%)	3 (20.0%)	

Based on table 5, the data obtained are changes in concentration levels obtained by respondents with concentration levels increasing in the experimental group as many as 17 respondents (85.0%), concentration remaining as many as 2 respondents (10.0%) and those with concentration decreasing as many as 1 respondent. (5.0%) while respondents with increased levels of concentration in the control group were 9 respondents (45.0%), 8 respondents (40.0%) had constant concentration and 3 respondents (15.0%) had decreased concentration. Based on the Chi-Square statistical test with SPSS, the value of $p = 0.009$ is obtained, which means $p < 0.05$ so H_0 is rejected, H_1 is accepted So it can be concluded that listening to the murottal of the Al-Qur'an with the rhythm of Nagham Bayyati is more effective in increasing concentration abilities in students compared to students who do not listen to the murottal of the Al-Qur'an with the rhythm of Nagham Bayyati

IV. DISCUSSION

This research was conducted during the period 14-19 June 2024 at Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi and received 40 respondents. From this sample, the following discussion results were obtained:

The relationship between listening to murottal Al-Qur'an in the rhythm of Nagham Bayyati and increasing concentration

From the results of this study, it was found that the concentration of respondents before being given treatment had a low concentration of 14 respondents (75.0%), while there were 6 respondents (25.0%) and a high concentration of 0 respondents (0.0%) while the concentration of respondents after being given treatment had a low concentration. as many as 8 respondents (35.0%), moderate as many as 10 respondents (45.0%) and high concentration as many as 2 respondents (20.0%). Based on the Chi-Square

statistical test with SPSS, the value $p = 0.005$, which means $p < 0.05$, so H_0 is rejected, H_1 is accepted. So it can be concluded that listening to the murrotal Al-Qur'an with the rhythm of Nagham Bayyati is more effective than not listening to the murrotal Al-Quran with the rhythm nagham bayyati in increasing concentration abilities in Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi students

Relationship between the experimental group and the control group

From the research results, it was found that 17 respondents (85.0%) had an increasing level of concentration in the experimental group, 2 respondents (10.0%) had a constant concentration and 1 respondent had a decreasing concentration (5.0%). Meanwhile, there were 9 respondents with increased concentration levels in the control group (45.0%), 8 respondents with constant concentration (40.0%) and 3 respondents with decreased concentration (15.0%). Based on the Chi-Square statistical test with SPSS, the value of $p = 0.009$ is obtained, which means $p < 0.05$ so that H_0 is rejected, H_1 is accepted. So it can be concluded that listening to the murottal of the Al-Qur'an in the rhythm of Nagham Bayyati is more effective in increasing the concentration ability of students. who do not listen to the murottal of the Koran in the rhythm of Nagham Bayyati

This is similar to research conducted by Yophi Nugraha (2020) at STIKES YPIB MAJALENGKA, showing that there were significant differences in the group that was given Al-Qur'an murottal therapy, whereas in the group that was not given Al-Qur'an murottal therapy there were no significant difference. Thus, it can be concluded that Al-Qur'an murottal therapy is effective in increasing concentration levels.

V. CONCLUSION

Based on the results and discussion, the conclusions of this research are as follows: The results showed that the level of concentration of students before listening to the Murottal Al-Qur'an in the rhythm of Nagham Bayyati on average had a low level of concentration. The level of concentration of students after listening to the murottal Al-Qur'an in the rhythm of Nagham Bayyati experienced an increase in concentration. There is a significant influence between listening to murottal Al-Qur'an in the rhythm of Nagham Bayyati and increasing concentration in students at Madrasah Ibtidaiyah (MI) Fathul Ulum Muncar Banyuwangi. It is hoped that for educational institutions the results of this research can be used as reference and literature study material to meet students' needs in improving their ability to concentrate on learning. It is hoped that researchers when conducting research will pay more attention to other factors that can influence concentration and add a larger sample size.

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