



RESEARCH ARTICLE

Psychological Approach to Children in Islamic Education

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Abstract: The psychological approach related to the study of Islamic studies serves to describe the external symptoms of religious people. External symptoms related to religion such as the attitude of people who behave well, the attitude of believers and pious, honest and others. With a psychological study, it will be easy to study, understand and practice someone. Psychology can determine the depth of a person's soul according to his religion at various age levels. In Islamic education a psychological approach is used to describe a person's external symptoms in religion. Psychological symptoms related to religion include the behavior of believers and pious people, honest people, people who behave well and others. With the psychological theory, it is easy to know the level of religion they live in, understand and implement in their daily life. Psychology can also be used to include religion in a person's soul according to the age level, including the age of the child. So the psychological approach in Islamic education serves as a tool to describe the symptoms and attitudes in one's religion. The psychological approach to children in education according to Zakiyah Darajat is with children's spiritual-spiritual education which has four stages, namely first, instilling a religious soul in children. Second, through the example of parents or teachers. Third, teach and train activities that contain spiritual values. Fourth, provide religious education from an early age.

Keywords: psychological approach, children, Islamic education

Abstrak: Pendekatan psikologis yang berhubungan dengan kajian studi Islam berfungsi untuk mendeskripsikan gejala lahiriyah orang beragama. Gejala lahiriyah yang berhubungan dengan agama seperti sikap orang yang berperilaku baik, sikap orang beriman dan bertakwa, jujur dan lainnya. Dengan adanya kajian psikologis maka akan mudah ditelaah, dipahami serta diamalkan seseorang. Psikologis dapat menentukan kedalaman jiwa seseorang sesuai agamanya di berbagai jenjang usia. Dalam pendidikan Islam pendekatan psikologis digunakan guna menjabarkan gejala lahiriyah seseorang dalam beragama. Gejala kejiwaan yang kaitannya dengan agama antara lain yaitu perilaku orang beriman dan bertakwa, orang jujur, orang yang berperilaku baik dan lainnya. Dengan adanya teori psikologi maka dengan mudah mengetahui tingkat keagaamaan yang mereka hayati, pahami dan implementasikan kedalam kehidupan sehari-hari. Psikologi juga dapat digunakan untuk memasukkan agama dalam jiwa seseorang sesuai tingkatan usia termasuk dalam usia anak. Maka pendekatan psikologi dalam pendidikan Islam berfungsi sebagai alat guna menjabarkan gejala maupun sikap dalam beragama seseorang. Pendekatan psikologi terhadap anak dalam pendidikan menurut Zakiyah Darajat yaitu dengan pendidikan ruhaniyah-spiritual anak yang terdapat empat tahapan yaitu *pertama*, Penanaman jiwa agama kepada anak. *Kedua*, Melalui ketauladanan dari orangtua atau guru. *Ketiga*, Mengajarkan dan melatih kegiatan yang mengandung nilai spiritual. *Keempat*, Memberikan pendidikan agama sejak dini.

Kata kunci: pendekatan psikologis, anak, pendidikan Islam

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INTRODUCTION

Psychology is the science that studies good psychology. Psychology is not far from the role of humans in regulating their emotions because it is part of the human psyche. The nature of the human soul is abstract and not concrete, so it can be concluded that psychology discusses symptoms that arise from the human psyche that appear both outwardly and inwardly such as sadness, annoyance and others.

The discussion of psychology specifically examines the influence of religion on human behavior which is discussed

in the psychology of religion. Religious psychology is a part of psychology that studies and examines human behavior related to belief in the religion they adhere to (Jalaluddin, 2008). The growth of the psychology of religion developed in the 20th century but did not last long, then developed again in the 1970s until today.

Psychological theory related to the study of Islamic studies serves to describe the outward symptoms of religious people. Outward symptoms related to religion such as the attitude of people who behave well, the attitude of people who are faithful and pious, honest and others. With a psychological study it will be easy to study, understand and practice someone. Psychology can determine the depth of a person's soul according to his religion at various age levels.

The current reality is that humans behave inconsistently with Islamic psychology. The number of children who experience violence perpetrated by the surrounding environment. According to data from Komnas PA in Pusdatin (Pusdatin, Kompas PA, 2022) notes that most of the child violence occurs in the surrounding environment, for example at home, school, 62% of child violence occurs in the family or school environment, 38% occurs in the public environment. In ancient times, children were looked after but not listened to when giving opinions. Children are only allowed to speak when asked to speak, even when they are wrong or behave a little harshly, it is not tolerated but punished with violence, such as being beaten, slapped, cursed at. The way parents educate their children in an angle and have to do what they want with language that is not appropriate is a problem in educating children, because children are not given the freedom to think and behave as they want. This will have an impact on the child's psyche or soul.

The Islamic education approach is used to solve human problems from the perspective of the Islamic religion. Islamic education exists to direct, organize and provide an explanation of how religion can be understood and implemented in human beings. The occurrence of human behavior that appears outwardly is influenced by the religious beliefs they adhere to. The manifestation of Islamic education is to form human beings who have the character of *akhlakul karimah* in accordance with the teachings of the Qur'an and Hadith.

Islamic education related to the human soul which describes how human behavior can be studied through a psychological approach. The psychological approach in Islamic education appears to provide religious awareness in terms of aspects of human nature. So this research appears to be "Explaining the Psychological Approach to Children in Islamic Education".

Judging from the background above, the formulation of the problem in this study is how is the psychological approach to children in Islamic education? Based on the things described in the problem formulation above, the purpose of this research is to find out how the psychological approach to children is in Islamic education. To make it easier to analyze the data in this study, a theoretical basis related to the psychological approach to children in Islamic education will be presented, as follows:

Psychology comes from the Greek word "psyche" which means soul and the word "logical" which means science. In terms of the meaning of psychology is the study of the soul from its symptoms, processes and background of a person (Ahmadi, 2003). This discussion of psychology specifically examines Islamic education for children. This can be related to Islamic psychology which discusses a person's behavior in relation to religious beliefs in this case Islam (Jalaluddin, 2008).

Various kinds of psychological approaches to religion are developed practically, strategically and scientifically in order to explore the psychological phenomena that occur in the process of humans seeking and towards their beliefs or religion. Various symptoms that appear are analyzed based on logic that is close to the phenomenon, so that in this case it is still very subjective and cannot be generalized. It is very necessary to understand if there are differences in perceptions and discourse on individual perspectives with others regarding aspects of their beliefs or religion. People are able to understand and believe in their religion in different ways and ways depending on where a person gets the strongest motivation that is easy to follow.

METHODS

This research is a qualitative research where this research is in the form of written or spoken words from people or behavior that can be observed. This research is a type of library research (library research) with qualitative data analysis, namely research that focuses discussion on the literature in the form of books, journals, papers, and other writings. The approach used in this research is a descriptive approach. Descriptive research is research conducted in order to obtain overall data from a situation that is clearly obtained.

In collecting the data, the researcher used documentation about the psychological approach to children in Islamic education. data analysis used descriptive analytic analysis with data reduction method and data display and documentation were analyzed descriptively analytic.

RESULTS AND DISCUSSIONS

In Islamic education a psychological theory or approach is used to describe the outward symptoms of a person in religion. Psychological symptoms related to religion include the behavior of people who are faithful and pious, honest people, people who behave well and others. With the existence of psychological theory, it is easy to find out the level of religion they live in, understand and implement it into everyday life. Psychology can also be used to include religion in a person's soul according to the age level, including the age of the child. So the psychological approach in Islamic education functions as a tool to describe symptoms and attitudes in one's religion (Nata, 2008).

The development of Islamic education in a psychological approach is growing with the existence of books with various psychological topics, especially Islamic psychology. The following are books related to the development of Islamic education in a psychological approach:

1. Ruh al-Din al-Islamy, entitled *Soul of Islamic Religion* by Alif Abd Al-Fatah in 1956
2. Nahwu 'ilmun Nafs al-Islamy entitled *Towards Islamic Psychology* by Hasan Syarqawy in 1976
3. Tasawwuf an-Nafs, entitled *Psychology of Sufism* by Dr. 'Amir an-Najjar in 1985
4. Malamimih' science of Nafs Al-Islamy entitled *The Diversity of Islamic Psychology*, by Dr. Muhammad Mahir Mahmud Umar in 1983
5. Dirasat Nafsiyyah Islamiyyah, entitled *Study of Psychology in an Islamic Perspective*, by Dr. Syiid Abdul Hamid Mursa in 1983

6. Al-Islam wa qadhaya 'ilmun nafs il Hadith, entitled Islam and Modern Psychological Problems by Dr. Nabil Muhammad Taufiq as Sam in 1984
7. Ash-Shihhah an-Nafsiyyah fi Dhau'i al-Islamwa 'ilmun Nafs, entitled Mental Health in the perspective of Islam and Psychology by Dr. Muhammad 'Audah Muahammad and Dr. Kamal Ibarahim Mursa in 1986
8. Min 'ilmu an Nafs al-Qurany entitled Secrets of Psychology which originates from the Al-Qur'an by Dr. 'Adnan Sharif in 1987
9. Al-Qur'an wa 'ilmun Nafs, entitled al-Quran and Psychology, alHadith wa 'ilm Nafs, Hadith and Psychology, by Dr. Muhammad Uthman Najati 1987 (Taufiq, 2006).

The Indonesian scientists who study Islamic Psychology include:

1. Dr. Aulia, wrote a book with the title Religion and Body/Mental Health in 1965
2. Prof. Dr. Zakiah Daradjat, wrote a book entitled Spiritual Science of Religion in 1970 and the Role of Religion in Mental Health in 1970
3. CH. S.S Djam'an, wrote a book entitled Islam and Psychomotor in 1975
4. Dr. Nico Gratitudo Dister, wrote a book entitled Introduction to the Soul of Religion in 1982
5. Dr. Jalaluddin and Dr. Rama yulis, wrote a book entitled Introduction to the Spiritual Science of Religion in 1982
6. Dr. Hasan Langgulung wrote the book Theories of Mental Health in 1986
7. Drs. Abdul Aziz Ahyani, wrote a book entitled Psychology of Religion: Pancasila Muslim Personality
8. Jalaluddin, wrote a book entitled Psychology of Religion in 1996 (Baharuddin, 2008).

In discussing Islamic psychology, there are two main objects studied, namely religious awareness and religious experience. The two main objects must be related to each other because they are the basis for studying Islamic psychology. Religious awareness is the mental aspect that arises from religious activities and includes aspects of religion that appear and are felt in the human mind and can be tested by introspection. Religious experience is an element of feeling in realizing religion can lead to the belief to carry it out directly in religious life (Baharuddin, 2008).

A child is someone who is born and has good potential for survival. Children are the buds, the potential for the younger generation to carry on the ideals of the nation, have a strategic role, characteristics and characteristics to ensure their survival in the future for the nation and state. In the future, children have responsibilities, so children need to get the opportunity to grow and develop physically, mentally, with good morals, socially and others. With that the need for a psychological approach to children in Islamic education.

According to Zakiyat Daradjat, every child has various potentials or basic nature of the child. When a human is born that's where he brings the potential that exists within him. The potential that Zakiyah means as a pedagogic being means being educated and educating, with this potential he is able to become a caliph with the nature that God has given him. Human development and the formation of children is a determining factor which is likened to a blank slate that has not been filled and it can develop by itself. So the nature of education is a series of interaction events between himself and his environment which in turn a child's personality is formed from the results of the interaction of these two factors.

CONCLUSION AND RECOMMENDATION

In Islamic education a psychological theory or approach is used to describe the outward symptoms of a person in religion. Psychological symptoms related to religion include the behavior of people who are faithful and pious, honest people, people who behave well and others. With the existence of psychological theory, it is easy to find out the level of religion they live in, understand and implement it into everyday life. Psychology can also be used to include religion in a person's soul according to the age level, including the age of the child. So the psychological approach in Islamic education serves as a tool to describe symptoms and attitudes in one's religion. The psychological approach to children in education according to Zakiyah Darajat is with spiritual-spiritual education of children which has four stages, namely first, instilling a religious soul in children. Second, through the example of parents or teachers. Third, teaching and training activities that contain spiritual values. Fourth, Providing religious education from an early age.

ETHICAL CONSIDERATIONS

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Conflict of Interest Statement

The author has no conflict of interest in the preparation of this manuscript

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