IMPLEMENTATION OF HYPNOTHERAPY METHODS TO IMPROVE AL-QUR'AN MEMORIZATION AT THE INSTITUTE OF NURUL ULUM MERTAK TOMBOK

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ABSTRACT

Memorizing the Al-Qur'an is one part of the activities carried out by special students at Islamic boarding schools. The process of memorizing the Al-Qur'an will certainly have obstacles for those who memorize the Al-Qur'an. To help improve students' memorization of the Al-Qur'an, namely by using the hypnotherapy method. Two factors hinder students from memorizing the Al-Qur'an, namely internal and external factors. So there needs to be an effort to remove these obstacles. Hypnotherapy methods are often used in the world of health. This is in line with practice where hypnotherapy in practice connects the soul and mind. This research aims to describe how the implementation of hypnotherapy methods improves the memorization of the Al-Qur'an at the Nurul Ulum Mertak Tombok Al-Qur'an Memorization Institute. This research uses qualitative methods, to obtain data by observation, interviews, and documentation with informants, namely educators and students. The research results show that the hypnotherapy process goes through several stages, namely pre-induction, induction, deepening, depth level test, suggestion therapy, hypnotherapeutic technique, and termination. The results of this research show that there has been quite a significant change in students memorizing the Al-Qur'an towards increasing their memorization.

Keywords: *Hypnotherapy Methods, Qur'an Memorization, Psychology*

INTRODUCTION

Education is a vital need needed by humans (Mukminah 2017). The progress of education and learning in Indonesia is caused by the impact of rapid developments in the Era of Globalization in the scope of technology and communication in the Industrial Revolution 4.0 era. (Mukminah, Hirlan 2022). So, education is a very important process as a forum for educating and teaching the nation's next generation to better understand the concept of self and society. Basically, as the next generation of the nation, students are a unique generation that everyone has. If they have students who behave well, whether physically or spiritually, it is an extraordinary investment. The quality of education is not only oriented towards general learning, but religious education is very urgent because special human characters in Indonesia are educated based on their religion and beliefs. Religion and its teachings as forming the character

of its followers make it mandatory to always develop and study the basics of religion as the behavior of its followers is regulated by the religion itself.

Religion plays an important role in shaping a child's character. The need for improvement both physically and spiritually emphasizes the development of students in the future. The emphasis on affective, psychomotor, and cognitive development does not only take place in the school environment but also support from the family environment which will later have a domino effect on student development. It is not only general science concepts that they must master, but what is most important is the specificity of religious sciences which will fortify their souls so that special treatment is needed if problems arise that are faced by students as the nation's successors. One of the activities that students often do is when they are at Islamic boarding schools as a characteristic of Al-Qur'an memorization program activities.

In Indonesia, memorizing the Al-Qur'an has been happening since the 21st century and is found in many remote areas of Indonesia. Indonesia is a Muslim-majority country that has social group habits that include ways of thinking, communicating, and collaborating in daily activities. In this regard, memorizing the Al-Qur'an will help students improve their learning achievement (Mukminah 2020). So, strong memorization will make it easier for students to remember other lessons, thus allowing students to be more dominant in mastering learning compared to other students. Since it was first revealed until now, more and more people have memorized the Al-Qur'an

However, the fact is that memorizing the Al-Qur'an is not as easy as you imagine. Memorizing the Al-Qur'an certainly has obstacles, such as internal factors originating from individuals such as laziness, not being fluent in reading the Al-Qur'an, as well as external factors such as broken homes, less conducive environments, juvenile delinquency, and so on. This problem needs to be addressed immediately. Students' obstacles or problems in the memorization process must be handled specifically to overcome them, one of which is using hypnotherapy or hypnosis methods. In some cases, such as hypnotherapy can overcome cigarette dependence in teenagers because hypnotherapy can overcome the problem at its source (the subconscious mind of

clients who suffer from cigarette dependence), hypnotherapy can reprogram the subconscious mind of clients who suffer from cigarette dependence and hypnotherapy can increase the relaxation response of the client's body and mind. who suffer from cigarette dependence (Arsari, Mediastari, and Suatama 2021). Also, Azka Aflahatiufus et al in their research on the effectiveness of hypnotherapy as an intervention to reduce stress in teenagers. In this case, hypnotherapy is a hypnotherapy technique that can influence and reduce stress levels in teenagers even though it has advantages and disadvantages (Azka Aflahatiufus, Aat Sriati 2022).

Apart from the problems already discussed, hypnotherapy can have a domino effect on the quality of students' memorization, as in this case, several studies have revealed that hypnotherapy can improve bad habits. Being lazy about studying can also strengthen memory. With this method, the student's role will be helped, making the memorization process easier. Reading is much faster while memorizing is much easier because all mind and brain access is set there. As Fathoni said in his research "Increasing students' learning to memorize the Al-Qur'an using hypnotherapy study at the Hamalatul Qur'an Islamic Boarding School, Putri Ringinagung." In his study, Hypnotherapy can raise students' enthusiasm for learning and can be used as a positive suggestion (Fathoni 2022) . Likewise, Nuria Muliani et al, in their research entitled "The influence of five finger hypnosis on students' anxiety about memorizing the Al-Qur'an". Revealing that five-finger hypnosis is effective in reducing anxiety for students who memorize the Al-Qur'an (Muliani and Lestari 2023).

By definition, hypnotherapy is a part of psychology that uses suggestion as a way to overcome problems in a person's mind, soul, and circumstances. Then this Hypnotherapy method was developed to overcome psychological problems not only related to Islamic boarding school students but also wider personal problems such as stress and others (Cahyadi n.d.)

In research by Ninik Christiani et al (Andayani and Christiani 2019) it was revealed that there was a huge difference in the hyperactive character of autistic students before and after undergoing hypnotherapy and light touch in autistic students in special schools. So formal or non-formal schools can use hypnotherapy and light

touch (healing touch) to change the behavior and character of autistic students. Likewise, Sahabudin et al (Budin, Anto, and Qeis 2022) stated that hypnotherapy has a big influence on patients who have mental problems by providing positive words and thoughts that aim to improve a person's mental health.

Therefore, hypnotherapy is not only useful for medical research, but there is also non-medical research that aims to provide stimulus, restrain emotions, and so on. So using hypnotherapy techniques to help experts interpret the Al-Qur'an (Idayu 2020). The application of hypnotherapy techniques in research uses verses from the Al-Qur'an as a guide in the hypnotherapy process; based on observations made by a hypnotherapist by collecting the necessary data (Muliani and Lestari 2023).

Therefore, hypnotherapy is very necessary as an effort to help students strengthen their memorization activities at the Al-Qur'an memorizing institution at Nurul Ulum Mertak Tombok Islamic Elementary School. So in this problem, the researcher will focus on the problem formulation: (1). How is the Hypnotherapy Method Applied to Improve Al-Qur'an Memorization at Nurul Ulum Mertak Tombok Islamic Elementary School? This method is considered important as an effort to solve students' problems memorizing the Al-Qur'an

LITERATURE REVIEW

The term "Hypnotherapy" is made up of two words: "Hypno" and "Therapy." The term "hypno" is an adaptation of the word "hypnosis" which is attributed to one of the figures of the Greek god of sleep. Sleep is described as a state where clients in an unconscious state can receive suggestions from other sources. This can increase memory and reasoning power, as well as function as a tool to heal and improve other aspects of the quality of daily life and a good self-image (Rini, Hardika, and Suryani 2020). In contrast, the therapy discussed here is psychotherapy, which is defined as a type of healing that uses specific techniques to treat patients. Meanwhile, Gunawan said that hypnotherapy is a scientific way of controlling the mind and improving the state of consciousness and thoughts through suggestions made by a therapist (Purwanto, Taftazani, and Hidayat 2022). So, it can be concluded that hypnotherapy is a person's method of giving suggestions to bring the client into the subconscious.

Hypnotherapy methods have been widely used in alternative medicine to overcome a person's mental problems. Many are researching hypnotherapy methods as a method to help reduce a person's psychological disorders. Hypnotherapy is a tool or practice that aims to help problems that occur in individuals. However, hypnotherapy is not a method to cure various illnesses experienced by someone but rather a solution to overcome mental problems. The point is that hypnotherapy aims to eliminate all negative thought patterns in a more positive direction. (Rohimi 2020). So the impact of the hypnotherapy method for students is to eliminate anxiety, fear, stress, depression, frustration, and other mental problems (Badruzaman 2019).

METHODOLOGY

This research is descriptive qualitative research where this research discusses objects by looking at the events where this research occurred both contextually through collecting the data obtained (Rohimi 2020). Meanwhile, obtaining data was carried out using interviews, observation, and documentation methods. The initial step in collecting data was using the interview method as primary data. (Purwanto et al. 2022). The research method used is psychological research. In this method, the most basic thing that is the core of this method is using suggestion or suggestiveness as a branch of psychology that uses suggestive technology called hypnotherapy. In this approach, the author uses fully embraces the hypnotic process of memorizing the Al-Qur'an using, *asmul husna*, and verses of the Al-Qur'an, along with their implications for psychology, the spirit of the Qur'an, and motivation. The way to collect data in this research is based on data analysis carried out whenever conducting research in the field.

RESULT AND DISCUSSION

Based on the method used to obtain the results of this research, namely through observation, interviews, and documentation. The research results were obtained through observation, interviews, and documentation. Interviews were used as a technique to obtain data from respondents from students and teachers supervising Al-Qur'an memorization at the Al-Qur'an memorization institute at the Nurul Ulum Mertak Tombok Madrasah Ibtidaiyah. Before conducting further research,

observations, and interviews play a role in obtaining accurate data regarding the problems faced by students in memorizing the Al-Qur'an. So, with these problems, hypnotherapy can be applied to improve students' memorization at the Nurul Ulum Mertak Tombok Al-Qur'an Memorization Institute.

Based on the results of the researchers' findings, the obstacles faced in memorizing the Al-Qur'an originate from two factors, namely internal and external factors. The obstacles or obstacles faced by students in memorizing the Qur'an are based on data from interviews with students and teachers memorizing the Qur'an at the Nurul Ulum Mertak Tombok Al-Qur'an Memorizing Institute. The results obtained originate from two factors, namely internal and external factors.

1. *Internal factors.* Internal factors are one of the problems and obstacles in memorizing the Al-Qur'an which originate from each individual. As expressed by teachers who memorize the Al-Qur'an and students who researchers have interviewed, namely:

a. *Laziness.* Laziness in this case is one of the obstacles to memorizing the Qur'an, as stated by the teacher of memorizing the Qur'an, namely Ustazah Qdariah, who revealed that laziness is often a big scourge for students memorizing the Qur'an. Moreover, every student must deposit their memorization every day to improve their memorization.

b. *Not reading Al-Qu'ran fluently.* Another factor that causes students or students to have difficulty memorizing the Al-Qur'an is not reading the Al-Qur'an fluently. This factor is caused by the fact that before entering school at the primary school level, most children do not pay attention to reciting the Al-Qur'an. This is where parents lack attention in educating their children to be able to read the Al-Qur'an fluently. Moreover, children whose surroundings do not have a place to study the Al-Qur'an such as TPQ or the lack of parents who are fluent in reading the Al-Qur'an which causes teaching to be carried out at home with as much understanding of reading the Al-Qur'an as possible.

c. *Bored.* Then, one of the factors that causes students to be hampered in memorizing the Al-Qur'an is boredom when memorizing or repeating their reading of the Al-Qur'an. This was also expressed by teachers who memorize the Al-Qur'an and

students who memorize the Al-Qur'an, that boredom is often experienced by students, especially students who memorize the Al-Qur'an.

2. *External Factors.* External factors inhibiting memorizing the Al-Qur'an come from each individual. According to several teachers and students interviewed by researchers as follows:

a. Broken home. Broken home, or more precisely, is a divorce case experienced by a student's parents. This factor is also an obstacle to memorizing the Al-Qur'an. How could it not be that when children need love from their parents, they have to be faced with the problem of their parent's divorce? This problem will disturb the child's psychology, whether it is a change in the child's character or the child's mindset, so this will greatly influence the occurrence of obstacles in the student's memorization process.

b. Play. In this context, children at the elementary school level are identified with the world of play. However, nowadays games or games for children in managing their time are very difficult. In addition, with the increasingly rapid progress of the times, the influence of cell phones and playing has become an obstacle in memorizing the Al-Qur'an.

3. Method of memorizing the Al-Qur'an. Memorizing is a routine activity in Islamic boarding schools which is a programmed activity and part of the madrasa curriculum. In the context of memorizing, everyone has their way. So there are many ways that everyone applies that are more enjoyable to make it easier to memorize the Al-Qur'an (Vandita 2020). The method is a structured approach to carrying out a task so that it meets the specified requirements. Alternatively, a systematic work approach is used so that work implementation is more effective in achieving the desired goals in KBBI (2018:954)

The activity of memorizing the holy book Al-Qur'an is a form of religious ritual that cannot be separated from the practice of Islamic teachings as a way to make students more religious. The development methods for memorizing the Qur'an were developed to make memorization easier (Fatimah and Sri Tuti Rahmawati 2020). Based on this, the process of memorizing the Qur'an at the Nurul Ulum Mertak Tombok Al-Qur'an

Memorization Institute is based on the results of observations and interviews that there are several methods applied to memorize the Qur'an depending on the child's ability, namely as follows:

1. *Wahdah* method. Memorizing in this way usually memorizes the Al-Qur'an and repeats the reading ten times or more so that later it will leave an impression in memory because the more you read, the easier it will be to remember the reading. So that the verses that are recited will automatically stick and will form a pattern on the tongue of the memorizers, then the memorization will continue with the same method, and so on.

2. *Halaqah* Method. In contrast to the "*wahdah*" method, the "*halaqah*" method will be accompanied by teachers who are professional and memorize the Al-Qur'an. The teacher will accompany the students at each *halaqah* and will be accompanied by each verse, usually, this *halaqah* is carried out one-third of the night after the *qiyamul lail.*

3. *Auditory Memorization Method.* Apart from the two methods that have been explained, there is another method that is familiar and quite effective for some students, namely the auditory memorization method. This method uses the media of recording Reciting Al-Qur'an which is listened to by the memorizer. This method does not require a teacher or special place to memorize, just a recording of the Reciting Al-Qur'an Memorizers will listen and follow what they hear repeatedly. The advantage of this method is that it is more efficient and easier, even for audio reciters, it will be easier to memorize the Al-Qur'an.

Apart from memorization methods using existing methods, in the memorization process, it is necessary to develop more effective methods to support students to make it easier to memorize the Al-Qur'an, such as hypnotherapy, which at this stage all processes and procedures are not far from the Al-Qur'an. namely by using the holy verses of the Al-Qur'an as one part of the process. Hypnotherapy practice can be carried out through the following stages:

The initial stage is Pre-induction. The pre-induction stage, sometimes called pre-talk, is a term used in hypnotherapy to describe the first time the hypnotherapist meets the

patient when first starting treatment. At this stage, caution and kindness are considered important, if this can be done then subsequent treatment or therapy will be easier. Pre-induction activities include building good relationships or developing trust to elicit the client's feelings and understanding of the hypnotherapist (Maharani 2022).

With the memorization technique as explained. There needs to be strengthening action to help students improve their memorization, namely by reducing or eliminating obstacles in the student's memorization process, such as hypnotherapy. Hypnotherapy in this case is a tool for students to improve the process of memorizing the Al-Qur'an. Hypnotherapy to improve students' memorization of the Al-Qur'an, namely by using holy verses from the Al-Qur'an as part of the treatment process in reducing students' psychological disorders. The stages in the hypnotherapy process for students are as follows:

This pre-induction stage is an in-depth interview stage with the client as part of the initial hypnosis process. The first step given to patients is to provide an understanding that hypnotherapy is a form of effort to heal patients. The one who truly heals is Allah SWT. This kind of understanding is provided by the therapist before entering the hypnotherapy process. Apart from that, therapists also always use the editorial "with Allah's permission". That way, the therapist is only able to direct and give instructions. Whether the patient can recover or not also depends on His will because hypnotherapy is only one form of His efforts.

To ensure a smooth pre-induction process, the therapist must be able to assess the patient's psychological characteristics, such as name, perception, non-perception, comfort conditions, and so on. Small talk, getting to know each other, and other factors intended to assess the mental state of a hypnotist before meeting the patient are part of the pre-induction process (Santoso and Dewi 2014). Usually in the pre-induction process, the language used is not just language. verbal but also non-verbal. So this stage is an interview process to better understand and get to know the problems faced by the client. The second is a focused examination in the form of a test that aims to determine the induction pattern that will be applied to patients/clients later.

The next stage is to check the focus. The purpose of a focused examination is to collect patient data and the problems they face, so it needs to be accompanied by a direct review of the patient, accompanied by interaction or communication just by looking at the patient's reaction. The therapist and client exchange messages through body movements. Along with experience, by using nonverbal language the therapist will feel and obtain nonverbal information as an important part of the success of this therapy.

During the examination process, the patient's focus is on relaxing his body which is accompanied by reading a Fatihah letter based on the therapist's instructions which the patient himself reads. Next, when the patient reads the Fatihah letter, he must be solemn. In particular, the client needs to know how deep the client's level of focus is to direct the client toward the "theta" wave so that the induction process can run smoothly so that positive suggestions can be to obtain healing from the disease. the therapy process they will undergo.

When the client has reached the "theta" wave by paying attention to the instructions from the therapist by reading the Al-Fatihah letter by deeply appreciating the meaning of what he read, when this has been done, the therapist asks the client to make a fist. The indication of entering therapy or that the patient has reached "theta" waves is marked by the harder the fist, the faster the client will enter. When you reach theta waves, when your hands are filled with positive energy, this is indicated by your hands clenching harder. If the fist becomes harder, this indicates that relaxation has occurred, namely towards the patient's subconscious "theta". When the patient has reached the "theta" stage which is characterized by the therapist giving positive suggestions to the patient and being able to accept any instructions. However, in this focused examination, not all patients can quickly enter the "theta" wave or subconscious mind. If something like this happens then the way the patient is treated with induction will be different.

After carrying out the pre-induction stage by bringing the patient to the "theta" stage, the next stage is the core process, namely induction. Induction will be carried out if the patient is ready and the data obtained is also complete, then the induction stage

can be carried out. The induction process is a process where the patient enters a hypothetical state where the patient is already in the subconscious realm.

Based on practice, when the patient is already in the subconscious world, the therapist gives suggestions to relax their mind and body. The effect of this process is that the body will feel the mind becoming more relaxed. Before the induction is carried out, the therapist gives as much advice as possible to the client to listen and focus on the words suggested. The suggestion is stimulation. Suggestions can come from within or from outside. The focus point will direct the client towards relaxation so that at this relaxation stage the suggestions will be quickly accepted by the patient. However, this relaxation can occur more quickly depending on the patient's level of enthusiasm, this process is called "deepening"

Deepening and Suggestibility Test, The Deepening technique gives deeper suggestions to clients to strengthen Theta waves in the brain by giving instructions such as: *"Please imagine a long walled hallway according to your wishes, you start moving from the hallway and imagine the texture of the ground floor, the color of the walls, and rows of doors which will keep you relaxed and at ease"*

Or you can use another suggestion using a number technique, namely from one to three, where one is the most relaxed state of the client's condition so that it is easier for someone to enter the desired condition. According to therapists, it is a trance condition because during trance most people experience relaxation, a decrease in blood pressure, heart rate, and changes in brain waves. While in this altered state, the patient will be very responsive to the suggestions/advice given by the hypnotherapist. If the patient has entered a hypnotic state or Theta brain waves, then the sign is that the patient is following instructions (difficulty opening his eyes). That way, the mechanism used for the next stage is programming.

Programming, As previously explained, hypnotherapy is an effort to penetrate the human subconscious which has greater energy to move the human body. Subconscious energy (feelings) has eighty percent power, while conscious energy (thoughts) has twenty percent power. The therapist helps the patient enter a subconscious state. After that, the therapist uses verses from the Al-Qur'an substantially which are believed to

be syifā' (healing) which are used as the main material for programming (entering Theta/subconscious) so that it will have a greater influence. This is done on patients who are in a trance (asleep).

So the theta condition is also connected as a condition, namely a focal point that directs feelings so that a person is at full strength and shows the peak of the brain's ability to work. In a person's relaxed state, all information in the form of knowledge and data reaches its maximum level. The learning state condition in Theta waves can cause a person to be in a deep state of relaxation

In this programming process, the client is given suggestions to eliminate all problems that occur, meaning that the brain is reprogrammed to forget all situations where the client experiences problems in memorizing the Al-Qur'an so that he focuses on memorizing by eliminating problems in the brain that will hinder memorization and affect the client's psychology. After completing the programming process by the therapist, the final step is the termination phase.

The termination phase, also called the normalization phase, is a phase in hypnotherapy practice that involves, for example, the transition from the trance phase to the conscious mind phase. This will be a rehabilitation process to help clients become better individuals and the positive impact will make clients focus on their memorization. Furthermore, after the client reaches the end of the process, the client will continue to act according to the recommended actions based on hypnotherapy between treatment and suggestion.

So after going through several hypnotherapy processes experienced by students, positive suggestions in the form of advice after brain programming occur. This means that students after being hypnotized will experience changes both psychologically and in their thought patterns and this is proven by the several times hypnotherapy undertaken by students based on observations and information from students and teachers memorizing the Al-Qur'an has helped many students who have problems in the process. memorize the Al-Qur'an. Not only that, hypnotherapy can also be a solution for students who have learning difficulties, as expressed by one of the teachers at the madrasah, namely Mr. Mansur, the school principal, said:

"After students undergo hypnotherapy, many changes occur in the students themselves. Hypnotherapy has had a positive impact on students whose learning intensity level was previously lacking. When I observed there was a lot of progress, such as children who used to be lazy, now look diligent. Likewise, students who experience learning difficulties are now able to compete with their friends who are already achieving. This means that hypnotherapy can have a positive impact on student behavior, especially for students who are memorizing the Al-Qur'an. Nowadays, it is getting better when memorizing the Qur'an most of the students who excel are the students who memorize the Qur'an.

Not only that, students or clients who have undergone hypnotherapy have positive behavior such as improving the performance of worship such as praying diligently, fasting, and so on, they already have positive traits that can improve the quality of their life and make reading the Al-Qur'an easier. just routine.

So, thus the benefits of hypnotherapy in a trance sleep state by making a person become more relaxed and enter the theta state is one of the processes experienced by patients to reduce anxiety, fear and all kinds of psychological disorders experienced by patients. Based on the analysis of hypnotherapist methods carried out at Al-Qur'an memorization institutions, has helped them more easily eliminate clients' psychological disorders by using hypnotherapy methods.

CONCLUSION

Based on the results of hypnotherapy research on students at institutions memorizing the Al-Qur'an to help students improve their memorization of the Al-Qur'an, namely from the pre-induction process, induction, deepening, depth level test, suggestion therapy, hypnotherapy technique, and termination. Shows that hypnotherapy undertaken by students is a method to help students eliminate obstacles in memorizing the Al-Qur'an, it is based on findings in the field that hypnotherapy can improve students' memorization.

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