

## Motivational Therapy Of Monday-Thursday Sunnah Fasting In Anger Emotion Control For Middle School Students At Nurul Qomar Islamic Boarding School, Palembang

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### ABSTRACT

*Fasting Motivational Therapy on anger emotion control among middle school students at Nurul Qomar Islamic Boarding School in Palembang. The study also aims to measure the benefits of this therapy in enhancing emotional control among students. Employing quantitative methods, the correlation technique was used to investigate the relationship between the motivation to perform sunnah fasting and the emotional regulation of students. The research population included approximately 85 students at the middle school level of Nurul Qomar Islamic Boarding School. Simple regression analysis was utilized using SPSS 25 for Windows. The results revealed a positive correlation between the practice of sunnah fasting and emotional control among students, as indicated by a correlation coefficient of 0.708 and a significance level (p-value) less than 0.01. This suggests that motivational therapy for Monday-Thursday sunnah fasting significantly impacts students' emotional regulation. Furthermore, the findings highlight that a higher commitment to sunnah fasting correlates with better mental and spiritual health, enabling students to regulate their emotions effectively.*

**Keywords:** Emotional Control, Motivation, Sunnah Fasting, Therapy

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Emotions emerge when an individual experiences sudden changes in circumstances, whether good or bad.

In her study, Zahara, Fenty (2018), in *Emotions Viewed from Parental Parenting Patterns among Adolescents in SMA Utama Medan*, revealed that a lack of ability to control emotions among teenagers could lead to behaviors that deviate from social norms, potentially jeopardizing their social relationships with others. Zahara emphasized that good emotional control is a crucial factor in building healthy social interactions and avoiding conflicts that may harm individuals and their surroundings.

### INTRODUCTION

Humans are living beings with a variety of emotions, such as anger, love, fear, sadness, annoyance, shame, and pleasure.

In everyday life, it is common to encounter individuals who are quick to express their emotions, easily angered or offended, even by trivial matters. Emotional outbursts may lead to actions beyond one's control or rational thinking, potentially harming others and their personal lives due to a lack of emotional regulation.

One way to mitigate emotional outbursts is through fasting. Fasting serves as a strong foundation for nurturing moral behavior among believers by teaching them to restrain themselves from desires and negative temptations. Fasting cultivates patience, self-restraint from excessive emotions, and fosters compassion and solidarity towards others. Obligatory fasting has immense rewards in the sight of Allah SWT, while neglecting it entails severe punishment. Sunnah fasting, on the other hand, is voluntary, earning rewards if observed and no sin if omitted.

One of the sunnah fasts highly recommended by Prophet Muhammad SAW is the Monday-Thursday fasting. This type of fasting, performed on Mondays and Thursdays, is beloved by the Prophet because on these days, the deeds of mankind are presented to Allah. The Prophet expressed his desire to have his deeds raised while in a state of fasting, as mentioned in a hadith narrated by Imam Tirmidhi, An-Nasa'i, and Ibn Majah: *"Deeds are presented on Mondays and Thursdays, so I like my deeds to be presented while I am fasting."* (HR. Tirmidhi)

Rahmawati (2017) stated that fasting offers numerous benefits in enhancing mental and emotional health. As an effective therapy, fasting helps reduce stress levels, improve self-control, and stabilize emotions. Furthermore, fasting encourages individuals to adopt a positive attitude through "wara" (caution in actions). Psychologically, fasting provides a spiritual therapeutic approach that enriches emotional intelligence and supports the development of mental resilience in facing

life's challenges. It is believed to enhance intellectual, emotional, spiritual, and physical intelligence. Fasting leads to self-restraint, both internally and externally, as exemplified in the Prophet Muhammad's hadith:

*"O young men, whoever among you can afford to marry, let him marry, and whoever cannot afford it, let him fast, for fasting serves as a shield."* (HR. Bukhari)

According to KH Abdullah Gymnastiar, fasting enhances emotional control. It can be concluded that the Monday-Thursday sunnah fasting is an effective medium for managing emotions.

Middle school students, being in early adolescence, are in the phase of self-identity exploration and adapting to new social environments. During this period, they experience psychological and physical changes, often leading to feelings of worry and fear, which may hinder their emotional regulation. This phenomenon, commonly referred to as puberty, involves rapid physical and emotional changes, causing confusion and difficulty in managing emotions and behaviors.

Fasting education, particularly sunnah fasting, is a form of religious education that should be instilled in adolescents from an early age. By embracing the values of fasting, these young individuals can cultivate good character, enhance their self-control, and achieve inner peace by restraining anger and other negative emotions.

## **RESEARCH METHODE**

This study falls into the category of quantitative research. Quantitative research involves processes that are systematic and meticulously planned from the outset.

In this study, a correlational research design was employed to examine the relationship between two variables within a single group. The correlational technique

enables researchers to determine the strength of the hypothesis regarding the connection between two variables

The independent variable in this study is the motivation for practicing Monday-Thursday sunnah fasting. This reflects the students' sincerity in performing the sunnah fasts (especially the Monday-Thursday fasts), which is considered influential in shaping their emotional regulation abilities. Meanwhile, the dependent variable is emotional regulation, defined as students' ability to manage their emotional responses, particularly in anger or other negative emotions.

According to Rahmawati (2017), fasting can be viewed as a therapeutic approach that supports emotional intelligence. Fasting helps individuals manage and stabilize emotions through spiritual and physical processes focusing on self-control. By fasting, students learn to restrain emotional impulses such as anger or impatience, ultimately developing better emotional control. This aligns with the theory of spiritual needs, which posits that religious practices can serve as an internal motivation source for spiritual well-being. According to Maslow's hierarchy of needs, spiritual needs are part of self-actualization, where individuals are motivated to achieve emotional balance and tranquility through religious activities like fasting.

The population in this study consisted of 85 students, with a sample size of 68 students. Data collection methods employed a Likert scale with 100 preliminary statements during the trial phase and 77 actual research statements. Data analysis included normality tests, linearity tests, and hypothesis testing.

## RESULTH AND DISCUSSION

The data collection for this scientific study was conducted using the Sunnah

Fasting Scale and the Emotion Control Scale, which were distributed to all students of Mts Pondok Pesantren Nurul Qomar. Prior to hypothesis testing, assumption tests were carried out, including normality and linearity tests.

The hypothesis test in this study aims to determine the relationship between motivational therapy for practicing Sunnah fasting on Mondays and Thursdays and the control of anger emotions.

Variable	R	R <sup>2</sup>	Significance
Monday-Tuesday Sunnah Fasting Motivational Therapy and Anger Emotion Control	0.708	0.501	8.065

From the overall data of respondents studied after undergoing Sunnah fasting therapy and calculating the results from the scales of the two variables, the findings are as follows. Regarding variable (X), namely the Motivational Therapy of Sunnah Fasting on Mondays and Thursdays and its effect on Emotional Regulation among middle school students at Pondok Pesantren Nurul Qamar Palembang:

The empirical scores on the Sunnah Fasting Motivation scale ranged from 67 (minimum score) to 117 (maximum score), with an empirical mean of 97.06 and a standard deviation of 19.5. Similarly, on the Emotional Regulation scale, empirical scores ranged from 73.00 (minimum score) to 105 (maximum score), with an empirical mean of 87.5 and a standard deviation of 17.5. A total of 70 middle school students at Pondok Pesantren Nurul Qamar Palembang were the subjects of this scientific study. Based on the findings above, both variables (X and Y) are

categorized as moderate with a percentage of 100%.

In the second week of the study, differences in scores and the benefits of Sunnah fasting therapy (on Mondays and Thursdays) on anger control among students at Pondok Pesantren Nurul Qamar Palembang became apparent. This was evident in their previously explosive anger, such as speaking harshly and raising their tone, transforming into calmer and more polite behavior. This was confirmed by the results of the assumption tests, where both variables met the normality criteria. The normality test for Sunnah fasting motivation on Mondays and Thursdays showed a K-SZ value of 0.075 and a significance value of 0.200. Based on this data, it can be concluded that  $p = 0.200 > 0.05$ . Meanwhile, for emotional regulation, the value was 0.095 with a significance level of 0.200, indicating  $p = 0.200 > 0.05$ .

Fasting therapy has previously been practiced by Dr. Nicollayev, a professor at The Moscow Psychiatric Institute, who attempted to treat mental disorders through fasting. In his efforts, he treated patients by implementing a fasting regimen for 30 days. He conducted experiments by dividing subjects into two equally sized groups, matched in age and the severity of their illnesses.

Both the body and the soul require sustenance. While the body's nutrition comes from food and drink, the soul's nutrition is derived from religion and faith in Allah, the Lord of the Universe. If one aspect—physical or spiritual—neglects the other, balance within the individual cannot be achieved. For instance, if physical needs dominate spiritual needs, leading a person to fulfill all bodily desires while neglecting religious and faith-based needs, such a person is prone to follow their base desires.

The impact of Sunnah fasting therapy on Mondays and Thursdays among the

students of Mts Pondok Pesantren Nurul Qamar Palembang was supported by a 5.01% contribution from fasting therapy to anger control. The remaining 7.08% was influenced by various other variables. This indicates that while Sunnah fasting has an impact, it is not the sole factor affecting a person's mental state. Other elements may also alter mental energy, indirectly influencing students' attention.

Prof. Dr. Dadang Hawari explained that the essence of fasting is self-control. Thus, a mentally healthy person is someone capable of mastering and controlling themselves against internal and external impulses. The students of Nurul Qamar perform Sunnah fasting with the intention of seeking Allah's pleasure, wisdom, and virtues. When the spiritual element surpasses the physical, a person draws closer to Allah, provided it does not harm their physical well-being.

Humans are obligated to fulfill the soul's nutritional needs, which play a vital role in preventing sinful acts and distancing us from negative behaviors, such as anger and other undesirable traits. This spiritual nutrition, derived from activities like prayer, reading scriptures, and reflecting on teachings, purifies and enlightens the soul. By consistently nurturing the soul, individuals cultivate love, empathy, and understanding for others.

A previous study published in the *Journal of Clinical Psychology* revealed that individuals engaged in spiritual practices, such as prayer and meditation, experienced lower levels of anxiety and depression. These activities promote emotional well-being and provide a sense of calm, aiding in the regulation of negative emotions like anger and frustration.

Sunnah fasting on Mondays and Thursdays is a practice often observed by Prophet Muhammad (PBUH), as evidenced in

several hadiths, including: *"Deeds are presented (to Allah) on Mondays and Thursdays, and I love that my deeds are presented while I am fasting."* (HR. Tirmidhi).

Following this hadith, students faithfully practice Sunnah fasting to emulate the Prophet (PBUH) and derive its lessons. Those who observe the fasting sincerely and consistently experience inner peace.

KH Abdullah Gymnastiar stated that fasting can enhance or control emotions. It can therefore be concluded that Sunnah fasting on Mondays and Thursdays serves as a medium for emotional regulation.

Emotional regulation is crucial in life, especially in controlling emotional outbursts caused by internal conflicts. Many teachings in the Qur'an and hadith emphasize emotional regulation. One hadith narrated by al-Bukhari, Malik, and at-Tirmidhi recounts: Abu Hurairah said, *"A man said to the Prophet, 'Advise me!' The Prophet replied, 'Do not get angry.' The man repeated his request several times, and the Prophet kept saying, 'Do not get angry.'"*

Another hadith narrated by At-Thabrani reports that when someone asked what could save them from Allah's wrath, the Prophet (PBUH) answered, *"Do not get angry."* Additionally, the Prophet once asked his companions, *"Who among you is strong?"* They replied, *"The one who cannot be defeated by others."* The Prophet said, *"No, the strong one is the person who controls themselves when angry."* (HR Muslim and Abu Dawud).

Islam offers many ways to address psychological issues, one of which is fasting. Other findings in this study remain within the framework of two scales: the scale of motivation for Sunnah fasting and the scale of emotional regulation. These scales were based on statistical calculations, with the correlation

value between variable X and variable Y being 7.08%. This indicates a significant correlation between Sunnah fasting as therapy and emotional regulation among the students of Mts Pondok Pesantren Nurul Qamar Palembang.

## CONCLUSION

Based on the findings of the data analysis, a linear connection or relationship was identified, and the hypothesis test results revealed a highly significant correlation between the motivation therapy of observing Sunnah fasting on Mondays and Thursdays and anger management. This analysis addresses the research questions posed in this scientific study. The findings confirm that being motivated to observe Sunnah fasting on Mondays and Thursdays can serve as effective therapy for anger management among students of MTS Pondok Pesantren Nurul Qomar Palembang.

This is demonstrated by the correlation coefficient ( $r$ ) of 0.708, with a significance level ( $p$ ) of 0.000 or  $p < 0.01$ . The correlation value of 0.708, representing 7.08%, indicates that the hypothesis asserting the existence of a connection between anger management and Sunnah fasting among these students is valid. The coefficient of 0.708 highlights that the more frequently students practice Sunnah fasting on Mondays and Thursdays, the greater the benefits for controlling their emotions, maintaining emotional balance, and achieving spiritual and mental well-being.

Recommendations proposed by the researcher based on the study findings are as follows:

1. For the research subjects

The research subjects are advised to make the best use of their time at the pesantren to study, complete academic tasks, and enhance their confidence in learning. This

will help them maintain high learning concentration and compete effectively with other students.

2. For the school

The school is expected to maintain and further improve the quality of teaching and learning processes, as well as to provide adequate facilities and infrastructure to support students' learning activities. Such efforts will enhance emotional intelligence in learning and enable better management of various emotions.

3. For future researchers

Future researchers are encouraged to conduct further studies on the benefits of the motivation to observe Sunnah fasting on Mondays and Thursdays as a therapy. Remembering Allah and adhering to His commands in various activities can lead to a calmer soul and better emotional control. Additionally, individuals will feel protected by Allah and maintain a positive outlook on all matters due to their closeness to Him. Future research on emotion management is advised to explore different subjects, as difficulty in managing emotions is not limited to students alone but is a widespread issue among many individuals. Researchers should also expand their literature to uncover additional aspects and causes for better insights.

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