

Optimizing Islamic Religious Education Learning Methods with Approach Psychological: Challenges and Solutions

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ABSTRACT

This article discusses efforts to resolve the Islamic Religious Education (PAI) learning method with a psychological approach, which aims to improve the effectiveness and relevance of learning in the context of modern education. The psychological approach is considered important because it can help educators understand the characteristics and needs of students, so that PAI materials can be adjusted to their cognitive and emotional development stages. The main challenges faced in implementing this approach include the lack of psychological understanding among educators, variations in student characteristics that require different approaches, and limited resources for teacher training. To overcome these challenges, this article proposes several solutions, including: teacher training that focuses on a psychological approach, development of a flexible and responsive PAI curriculum to student needs, and collaboration with psychologists to design appropriate learning programs. Furthermore, this article contains these concepts with Islamic teachings through verses of the Qur'an and hadith that emphasize the importance of science and education. With the support of educational experts, the PAI learning method can be optimized to produce individuals who are spiritually, morally, and socially qualified. This research contributes to the development of more effective and relevant religious education in facing the challenges of the times.

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INTRODUCTION

Islamic Religious Education (PAI) is one of the component important in system education in Indonesia. As a country with the world's largest Muslim population, teaching religious values become very crucial in to form character, morals, and identity generation young. However, in practice, religious education often faces various challenges that hinder its effectiveness. One of challenge main is lack of involvement student in the learning process, which is often caused by the method monotonous and uninteresting teaching relevant with life daily they. (Rahmawati & Suheri, 2020)

In the era of globalization and development information technology moment this, students faced with various diverse information and values. This is cause they more critical and focused attention to the material taught, including in religious education. Mismatch between method teaching used with need psychological student can result in low interest and motivation Study them. For example just, many students who feel that Islamic Religious Education lessons are not give contribution real to life them, so that they tend ignore the material taught. In addition that, the difference characteristics psychological students also become challenge alone for educators. Every student own background background, interests, and methods learning differently. Therefore that,



approach One size For all in Islamic Religious Education teaching does not will effective . (Parnawi, 2019)

Teachers need understand and adapt method learning with need individual students so that the learning process become more effective and meaningful. In context this , approach psychological in PAI learning becomes very relevant . The approach This No only help teachers understand characteristics student but also creates environment learn more conducive . With utilise principles psychology education , educator can to design method more learning interactive and interesting , so can increase motivation and engagement students . Therefore that , article This aiming For explore How optimize method Islamic Religious Education learning with approach psychological . It is expected with better understanding deep about challenges and solutions in Islamic Religious Education learning , we can create experience learn more Good for student as well as to form generation young people who have strong understanding of religion and good character .

One of challenge main is lack of involvement student in the process of learning Islamic Religious Education. Many students feel that the material taught No relevant with life daily they . (Wahyosumidjo, 2013) This is often caused by the method monotonous and lacking teaching interactive , so that student feel bored and not enthusiastic For learning . In addition , the differences characteristics psychological every students also become factor important thing to do be noticed . Every student own background background , interests , and methods learning differently , so that approach One size For all in PAI teaching is not effective . In this modern era , the development of technology and information also provide impact significant to method student study . Students more open to various information and values new , which sometimes contradictory with religious teachings . Therefore that 's important For adapt method PAI learning to be more in accordance with needs and expectations student moment This .

Importance approach psychological in religious education becomes the more clear when consider objective main education That itself . Islamic Religious Education aims For to form individuals who do not only understand religious teachings but also capable practice it in life everyday . For reach objective this , is required method learning that is not only focus on aspects cognitive , but also in aspects emotional and social students . (Afi Parnawi, Abdullah Idris, Zufriyatun, Rafiki , 2024) Therefore that , research This aiming For explore How optimize method Islamic Religious Education learning through approach psychological . It is expected that with understand existing challenges and implementing the right solution , we can create experience learn more meaningful for students . This is will help they No only in understand Islamic teachings in general deep but also in develop character and morality they as good Muslim individual in the midst an increasingly diverse society complex . (Mullins, 2016).

METHOD

Research Design

Study This use approach literature or journal review For collect , evaluate , and synthesize findings study previously related with related with optimize method pic learning with approach psychological: challenges and solutions . (Shidiq & Choiri, 2019)

Data source

Data obtained from journals scientific , articles and publications related published in peer-reviewed databases such as PubMed, ScienceDirect, Springer, and others . Selection data sources are based on relevance with Topic research and quality methodology research . (Moleong , 2018)



Data analysis

Data from selected journals will analyzed in a way thematic For identify patterns and relationships between related optimize method pie learning with approach psychological : challenges and solutions. The analysis will also notice vulnerabilities and advantages from every evaluated studies (Kharisma, 2018).

Synthesis

Findings from each journal will synthesized For identify pattern general and findings significant . The conclusions drawn will give outlook about framework Work conceptual related with optimize method pie learning with approach psychology : challenges and solutions..

RESULTS AND DISCUSSION

Results

Study on optimization method learning Islamic Religious Education (PAI) with approach psychological show a number of findings main mutual related :

1. The Role of Religion in Educational Psychology

Psychology view religion as factor important in development individual, good in a way cognitive, affective , and spiritual. Religion contributes to the formation of identity, giving meaning live, and improvement welfare psychological participant educate . Research show that spiritual values in religious education can reduce anxiety and increase happiness inner student .

2. Adjustment of PAI Material with Stage Development Student

Adapted PAI materials with stages development students' cognitive and moral proven more easy accepted and understood . This is in line with theory moral development that emphasizes importance adapt teaching with age and level understanding participant educate .

3. Analysis Based on Interest and Talent

PAI learning that pays attention interest and talent student capable increase motivation as well as involvement active in the learning process . This is make learning more meaningful and relevant for life student daily .

4. Religious Comfort Oriented Learning Model

Approach psychological in PAI emphasizes importance create comfort and acceptance self in religious . Students who feel comfortable and peaceful in operate religious teachings tend to own connection positive with spiritual values .

5. The role of Islamic Religious Education Teachers as Spiritual Counselor

PAI teachers who play a role as spiritual counselor can help student overcome conflict inner , find meaning live , and take care their mental and spiritual health . Spiritual support in schools proven significant in increase students' mental well-being .

Understanding Islamic Religious Education (Pendidikan Agama Islam/ PAI)

Islamic Religious Education (PAI) is a system education that aims For foster and develop personality as well as morals participant educate in accordance with Islamic teachings . According to Zakiah Darajat, PAI is A business For educate participant educate to have knowledge good and capable religious carry out Islamic teachings with good and perfect. PAI covers two aspects



important: first, educate participant educate For behave in accordance with Islamic values, and secondly, providing knowledge about the teachings of Islam Alone .

In the context of Islamic Religious Education (PAI), the approach psychological can combined with Islamic teachings through a number of verses and hadith that emphasize importance knowledge and understanding in education . For example , Allah says in the Qur'an:

أَمَّنْ هُوَ قَانَتْ أَنَاءَ الْإِلِّ سَاجِدًا وَقَائِمًا يَحْذَرُ الْآخِرَةَ وَيَرْجُوا رَحْمَةَ رَبِّهِ قُلْ هَلْ يَسْتَوِي الَّذِينَ يَعْلَمُونَ
وَالَّذِينَ لَا يَعْلَمُونَ إِنَّمَا يَتَذَكَّرُ أُولُوا الْأَلْبَابِ

Meaning : Say: ' Is it with people who know with people who don't know ?' Indeed only sensible people healthy that can take lesson."

Basics of Islamic Religious Education

The basis of Islamic religious education lies in two sources the main one , namely the Qur'an and the Sunnah of the Prophet Muhammad SAW. The Qur'an as a holy book Muslims are pregnant the basic teachings and become guidelines life for Muslims . The Sunnah of the Prophet, which is the behavior and words of the Prophet Muhammad SAW, also became reference in religious education According to Ahmad D. Marimba, Islamic education must based on the word of Allah and the sunnah of the Messenger of Allah, because both of them is source the truth that is not can in doubt Again .

The Objectives of Islamic Religious Education

main purpose from Islamic religious education is to form personality a complete Muslim , namely individuals who do not only understand religious teachings but also capable practice it in life everyday life . Religious education is expected can to plant appropriate moral and ethical values with Islamic teachings , so that participant educate can become human being kamil , namely man intact in a way spiritual and physical .

This matter in line with Ibn Khaldun's opinion stated that objective education covers strengthening faith and planting religious teachings in self individual .

Learning methods in Islamic Religious Education

Learning methods in PAI is very diverse and must customized with characteristics student as well as context learning . Interactive methods like discussion groups , role-playing, and the use of modern learning media such as application based on technology can increase involvement student in the learning process . (Ghufron & Ikramina , Mahreshaibati Bilqis Anbiya, 2023)

In addition , the approach contextual is also considered effective in help student a material religious teachings with life daily they .

Approach Psychological in PAI

Approach psychological in PAI learning aims For understand characteristics students and adjust method teaching with need they. (Hartini , 2023) A number of aspect important from approach This includes :

1. Material Adjustment

PAI material must be customized with stage development psychological student For ensure that religious teachings can accepted and understood with Good

2. Active Learning Model

Methods such as role play can increase motivation students and help they apply knowledge in situation real

3. Support Emotional

Teachers play a role as supportive spiritual counselor student mental health , helping they overcome challenge psychological problems faced

Challenge in Implementation

1. Lack of Psychological Understanding

Many educators Not yet fully understand method apply approach psychological in Islamic Religious Education learning , which can reduce effectiveness teaching . (Muhyatun , 2019)

2. Student Characteristics Variations

Every student own characteristics different psychological , so that One method No always suitable For all

3. Limitations Source Power

Availability source Power For teacher training on approach psychological Still limited , which hinders effective implementation .

4. Solution for Overcoming Challenges

Training Teacher: Stage training for teachers to understand and apply approach psychological in Islamic Religious Education learning effective . (Rahmawati & Suheri , 2020)

5. Development Curriculum

Developing a flexible and responsive PAI curriculum to need psychological students , as well as notice interest and talent they .

6. Collaboration with Psychology Expert

Involving expert psychology in designing appropriate learning programs with development cognitive and emotional students . (Khamim et al., 2024)

The experts Islamic education emphasizes importance integration approach psychological in religious education . According to Ancok and Suroso (2004), approach This allow better understanding deep about the learning and development process psychology student in context Islamic teachings .

Muhibbin Syah stated that method like role play no only increase understanding material but also skills social student

With blend theory Islamic teachings , approach psychological , and input from the experts , it is expected method Islamic Religious Education learning can optimized For produce quality individual spiritually , morally and socially .

Challenge in Islamic Religious Education Learning

Islamic Religious Education Learning has noble goal , there is various challenges that lie ahead in its implementation . One of them is lack of interest student to PAI material that is often considered monotonous and not relevant with life they moment This .



In addition , the differences characteristics psychological students also become factor important thing to do note that the method learning can accepted with good by all students . (Rahmawati & Suheri , 2020)

Solution for Improving Islamic Religious Education Learning

For overcome challenge the required approach psychological in Islamic Religious Education learning . Approach This covers understanding to need student as well as implementation method more teaching interactive and interesting .

Training for teachers is also very important For increase competence they in apply methods new effective in Islamic Religious Education teaching . (Sugitanata , 2017)

Discussion

The above findings confirm that integration approach psychological in Islamic Religious Education learning provides impact significant positive to development character, morals and spirituality of participants educate. Approach This No only focuses on the transfer of religious knowledge, but also on mental and spiritual formation comprehensive .

With adapt teaching materials based on stage development students , learning process become more effective and meaningful. For example, children elementary school age and older easy understand the concept of religion through stories and practices directly, while Junior high school/high school students can invited discuss about issues contemporary relevant with religious values. In addition, paying attention to interest and talent student in Islamic Religious Education learning can increase motivation intrinsic and involvement them, so that religious values are not only understood in a way cognitive, but also internalized in life daily .

PAI teachers who play a role as spiritual counselor is very important in accompany student face challenge psychological and social . Through guidance and counseling based on religious values, students can manage emotions, find meaning live, and build mental resilience in face pressure modern life .

In general overall, approach psychological in PAI learning contributes big in to form individuals who are qualified , have integrity and are capable face challenges of the times. Holistic and relevant religious education with need psychological student will give birth to generation that does not only intelligent in a way intellectual , but also strong morally and spiritually.

Integration of approaches psychological in Islamic Religious Education learning also demands existence change paradigm from teachers and the environment school. Teachers don't Again only act as the transmitter material, but also as facilitator, motivator, and mentor who understands condition psychological every students. This is demand teachers to own competence psychological basic, such as ability understand character, needs, and problems faced students, as well as skills communication empathetic .

One of challenge main found is limitations time Islamic Religious Education learning in schools . With allocation limited time, teachers often difficulty implement method learning activ, reflective, and based psychological optimally. Therefore that, is needed innovation in management time, for example with utilise digital technology for online learning, or integrate PAI values in activity extracurricular and life school daily .

In addition, resistance to change method learning also becomes challenge alone. Some teachers still feel comfortable with method conventional like lectures and memorization, so need existence training and mentoring sustainable so that they capable apply approach psychological in



a way effective. Support from party schools and policies education is very necessary For create ecosystem conducive learning for development psychological and spiritual students .

From the side students, approach psychological proven can increase confidence self, empathy, and ability think critical in understand religious teachings. Students who feel heard and appreciated his opinion tend more active in follow learning and more easy internalize religious values. This also has an impact positive to behavior social students, such as increasing attitude tolerance, mutual appreciate, and care to fellow.

Further again, approach psychological in PAI can become solution For overcome various problem psychosocial which is often faced teenagers, such as crisis identity, pressure group peers, and anxiety facing the future. With learning that emphasizes reflection self, solution problems, and formation character, students equipped ability For become a tough and moral person glorious.

Finally, optimization Islamic Religious Education learning with approach psychological No only impact on increasing results learning , but also on formation personality student in a way intact. This is in line with objective education national, namely create Indonesian people who are faithful, pious, moral noble, and capable adapt with current development.

CONCLUSION

Optimization method learning Islamic Religious Education (PAI) with approach psychological is step very important strategic For increase effectiveness and relevance religious education in the modern era. Approach This capable overcome various challenges , such as mismatch material with stage development students , lack of attention to interests and talents , limitations time learning , as well as low teacher skills in accompany aspect psychological and spiritual students .

With adapt material learning in accordance development cognitive and emotional students, implementing learning differentiate based on interests and talents, as well as strengthen the role of teachers as spiritual counselor, Islamic Religious Education learning becomes more meaningful, interesting, and capable to form character student in a way holistic . Approach psychology also helps student manage conflict inner, improve mental well-being , and internalize religious values in life everyday . Success implementation approach This need support full from all over stakeholders interests , including teacher training , management time effective learning , as well as collaboration between school and family . With However, PAI learning does not only produce smart student in a way intellectual , but also has strong personality, morals noble, and ready face challenges of the times with a solid spiritual foundation .

Optimizing method learning Islamic Religious Education (PAI) with approach psychological is strategic steps for increase effectiveness teaching and relevance religious education in modern context . Approach This aiming For understand characteristics psychological students , so that PAI material can customized with stage development cognitive and emotional them. The challenges faced in implementation approach This covers lack of understanding psychology among educator , variation characteristics students who need approach different , and limitations source Power For teacher training . For overcome challenge mentioned , the proposed solution covering teacher training that focuses on the approach psychological , development responsive PAI curriculum , as well as collaboration with expert psychology For designing appropriate learning programs. In context Islamic teachings , the importance knowledge knowledge confirmed in the Qur'an and hadith , such as in Surah Az-Zumar verse 9 which states that people who know No The same with the not knowing , and hadith that confirms that demand knowledge is obligation for every muslim . Approach psychological in PAI learning is also supported by experts education that



emphasizes importance integration aspect psychological in the learning process For to form quality individual spiritually and socially.

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