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The Habit of Midnight Prayer in Cultivating Spiritual Intelligence; Term of Surah Al-Isra: 79

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Abstract

This research aims to measure the influence of students' understanding of Surah Al-Isra, verse 79, on the habituation of the Sunnah prayer of Tahajjud and its impact on spiritual intelligence. This research primarily focuses on examining the impact of students' understanding of the verse on their behavior, specifically in relation to their habit of performing the tahajjud prayer and their spiritual intelligence. This is important because there are still students who, despite understanding the verse and practicing the tahajjud prayer, continue to engage in negative behaviors. Teachers, students, and community leaders participate in interviews and questionnaires as part of the quantitative descriptive research method. Slovin's formula, with a margin of error of 10%, selected a research sample of 69 students from a population of 698 individuals. The results indicate that 76.4% of the students' understanding of Surah Al-Isra, verse 79, influences their spiritual intelligence. Additionally, the habit of performing Tahajjud prayers contributes 43.4% to the enhancement of students' spiritual intelligence. Overall, the relationship between the understanding of the verse, the habit of Tahajjud prayers, and spiritual intelligence mutually influences each other with a value of 76.9%. The implications of this study

highlight the importance of improving students' understanding of Surah Al-Isra, verse 79, to encourage consistency in the practice of Tahajjud prayers, which can ultimately enhance spiritual intelligence. Teachers, educators, and policymakers in the pesantren environment can use this as a guide to design more effective educational programs that enhance spiritual intelligence through a religious approach.

Keywords: Spiritual Intelligence, Habituation, Tahajjud Prayer, Surah Al-Isra:79

Abstrak

Penelitian ini bertujuan untuk mengukur pengaruh pemahaman santri terhadap surah al-Isra ayat 79 dalam membiasakan salat sunnah tahajud serta dampaknya terhadap kecerdasan spiritual. Fokus utama penelitian ini adalah meneliti bagaimana pemahaman terhadap ayat tersebut dapat memengaruhi perilaku santri, terutama terkait kebiasaan salat tahajud dan kecerdasan spiritual, mengingat masih adanya santri yang meskipun memahami ayat dan melaksanakan salat tahajud, namun tetap melakukan perilaku negatif. Metode penelitian yang digunakan adalah kuantitatif dengan pendekatan deskriptif, di mana data dikumpulkan melalui wawancara dan kuesioner yang melibatkan guru, siswa, dan tokoh masyarakat. Dari populasi sebesar 698 orang, sampel penelitian dipilih sebanyak 69 siswa menggunakan rumus Slovin dengan tingkat kesalahan 10%. Hasil penelitian menunjukkan bahwa 76,4% pemahaman santri terhadap surah al-Isra ayat 79 berpengaruh pada kecerdasan spiritual mereka. Selain itu, pembiasaan salat tahajud berkontribusi sebesar 43,4% terhadap peningkatan kecerdasan spiritual siswa. Secara keseluruhan, hubungan antara pemahaman ayat, kebiasaan salat tahajud, dan kecerdasan spiritual saling mempengaruhi dengan nilai sebesar 76,9%. Implikasi dari penelitian ini menunjukkan pentingnya meningkatkan pemahaman santri terhadap surah al-Isra ayat 79 untuk mendorong konsistensi dalam pelaksanaan salat tahajud, yang pada akhirnya dapat meningkatkan kecerdasan spiritual. Hal ini dapat menjadi panduan bagi guru, pendidik, dan pemangku kebijakan di lingkungan pesantren dalam merancang program pendidikan yang lebih efektif dalam meningkatkan kecerdasan spiritual melalui pendekatan keagamaan.

Kata kunci: Kecerdasan spiritual, Pembiasaan, Salat Tahajud, Surah Al -Isra:79

Introduction

Al-Quran is a sacred book (Bafoevna, 2024), Manhaj a perfect life, has a lively movement habit, builds a positive civilization (Fajar, 2024a), and remain influential until the end of time (Hidayat, 2021). Surah Al-Isra verse 79 contains a message inviting people to perform midnight prayers (Nurhadi, 2021). Midnight prayers are prayers performed at night or in the third part of the night (Hafifah, N., & Machfud, 2021). Midnight prayers hold extraordinary majesty and glory (Lawrence, 2024). Its position is

indeed as sunnah worship (Wahyudin, 2024) but the Prophet never left him once in his entire life.

Initially the midnight prayer was an obligatory prayer for the Prophet Muhammad SAW (Hasibuan, 2023). Since the revelation of the verse in QS. Al Muzammil verses 1-7. The Prophet always carried it out and never abandoned it. The tahajjud prayer is obligatory for those who want to gain status with Allah SWT (Romez, C., Freedman, K., Zartzky, D., & Brown, 2021); It is explained in Surah al-Isra verse 79 that people who perform the midnight prayer will be elevated in rank. (Hussein, A., Ahmed, N. A. Y., Abbas, A. A., Alhassan, M. A. A., Dabary, Z. I. H., Altayeb, E. A., ... & Elhassan, 2019) and will be remembered to a place praised by Allah SWT (Diler, Y., Turhan, C., Arsan, Z. D., & Akkurt, 2021).

He then poured his understanding of the verse above into carrying out midnight prayers so that he became accustomed to doing them and even observing them. One of the habits carried out by the students at the Al-Mubarak Modern Islamic Boarding School in Serang City is carrying out prayers. There are prayers that are obligatory and sunnah (Miller, A. C., Khan, A. M., Hebishi, K., Bigalli, A. A. C., & Vahedian-Azimi, 2020). Sunnah prayers will bring someone good luck (Ataullahjan, A., Mumtaz, Z., & Vallianatos, 2019), in the form of closeness to God (Wirajaya, A. Y., & Sudardi, 2020), and achieve glory and high status with Him. As written in the Qur'an, surah al-Isra; 79.

وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَّكَ عَسَىٰ أَنْ يَبْعَثَكَ رَبُّكَ مَقَامًا مَّحْمُودًا

On some nights, perform midnight prayers as an additional (worship) for you, hopefully your Lord will raise you to a praiseworthy place (Q.S. Al-Isra: 79).

The students at Al-Mubarak Modern Islamic Boarding School in Serang City routinely perform midnight prayers every night. Every night, the students distribute the midnight prayer activities. Every night, the students alternately perform the midnight prayer, with class 1 performing it first, followed by class 2 the next night, and so on. The midnight prayers occur simultaneously on Friday night.

In his interview, Mr. Mahmudi, the head of the Al-Mubarak Modern Islamic Boarding School in Serang City, expressed that the midnight prayer activity was beneficial for the students. In addition to its inherent benefits and virtues, he believes

that the midnight prayer activity at his Islamic boarding school serves as a tool for habituation and coaching, fostering economic independence, spiritual development, and intellectual intelligence in teenagers.

Mr Ahmad Afandi; as a teacher at the Al-Mubarak Modern Islamic Boarding School in Serang City, in his interview, he believes that by carrying out the midnight prayer routine every night, he will grow and form intelligence for his students, one of which is the spiritual intelligence that will be formed by the students. Spiritual intelligence is the ability to give meaning to worship in every behavior

In his interview, Mr. Ahmad Afandi, a teacher at the Al-Mubarak Modern Islamic Boarding School in Serang City, expressed his belief that by implementing the midnight prayer routine every night, he can cultivate and develop his students' intelligence, including their spiritual intelligence. Spiritual intelligence is the ability to give meaning to worship in every behavior (Pinto, C. T., Veiga, F., Guedes, L., Pinto, S., & Nunes, 2023) and activities through natural steps and thoughts (Sharifnia, A. M., Fernandez, R., Green, H., & Alananzeh, 2022).

Facts in the field show that there are some students whose behavior does not reflect that they understand, and they even often perform midnight prayers, such as the habit of students wearing things that do not belong to them, not having respect for their teachers, fighting with their peers, and there are also those who make fun of each other. This is an example of disgraceful behavior and a serious lack of understanding about spiritual intelligence.

Theoretical Review

Theme Structure of Surah Al-Isra

This surah is classified as Makkiyyah. The number of verses is 111. We call it Al-Israa' because the first verse of this surah mentions it. It is also called the Surah of the Children of Israel, because it mentions the story of the Bahi Israel (Noor, 2021). Among its contents:

1. Describes the event of the Prophet's Israa' SAW from the Grand Mosque to the Aqsa Mosque in Baitul Maqdis.

2. Explains the story of the Children of Israel during their heyday and decline
3. The fall and rise of the Children of Israel contain many lessons for Muslims.
4. All the contents of space and earth glorify Allah SWT
5. Providing an explanation with strong arguments that the day of resurrection will definitely exist
6. Explaining that idols and statues worshiped other than Allah have no power, they cannot help those who worship them.
7. Explains God's dialogue with Angels and Devils.
8. Explains that prayers and tahajjud prayers should always be done.
9. Explaining that the Al-Quran is an eternal miracle, nothing can compare to it.
10. Explains the benefits of the gradual revelation of the Qur'an
11. It also mentions the story of Moses and Pharaoh (Ghozali, A., & Saputra, 2021)

Mufassir's Interpretation of Surah Al-Isra: 79

وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَّكَ

And on some nights, perform additional midnight prayers (as a form of worship).

This verse is a command from Allah to the Prophet SAW. Perform the sunnah prayers at night, following the fardu prayers. Abu Hurairah r.a. narrates a hadith from Rasulullah SAW in the book Sahih Muslim, stating that Rasulullah SAW once answered a question about the most important prayer after the fardu prayers. So, he answered the midnight prayer.

This is why Allah SWT commanded His Messenger to enliven the night with the tahajjud circumcission prayer. Tahajjud refers to the act of praying after sleeping. Alqamah, Al-Aswad, Ibrahim An-Nakha'i, and others hold this opinion. This is the widely accepted interpretation in Arabic.

Numerous hadiths from the Prophet Muhammad mention the same thing. Who said that he performed his midnight prayers after sleeping? Ibnu Abbas, Siti Aisyah, and other friends narrated this, explaining each detail in its own place.

Al-Hasan Al-Basri stated that the Isha prayer precedes the midnight prayers. This perspective interprets prayers as those performed after sleeping first. Scholars differ in their interpretations of His words.

نَافِلَةٌ لَّكَ

As an additional worship for you.

According to one opinion, the meaning is that you are specifically obliged to do that. So, they considered it a special obligation for the Prophet SAW. Alone is not for his people. Al-Aufi's narration from Ibn Abbas supports this view. Ibn Jarir chose this opinion, which is in line with one of the two opinions held by the ulama and one of Imam Syafi's.

According to another opinion, actually performing sunnah prayers at night is considered a special additional worship for him, remembering all the sins of the Prophet SAW. Both earlier and later, the Prophet SAW extended forgiveness to Tetali. In the meantime, this forgiveness extends beyond the Prophet SAW. This implies that individuals who offer sunnah prayers have the ability to cleanse their sins. That's what Mujahid said. The history of Abu Umamah Al-Bahlil, r.a., references this opinion in the Musnad book.

May your Lord raise you to a praiseworthy place.

I am carrying out this order to place you in a praiseworthy position on the Day of Resurrection. All creatures will praise you, as will the Lord who created them all. According to Ibnu Jarir, the majority of scholars with expertise in Takwil believe that the Prophet SAW holds this commendable position. On the Day of Judgment, the Prophet SAW's role is to intercede for mankind, hoping that their God will release them from the misery of that day (Ad-Dimasyqi, 2019).

Midnight Prayer

Midnight prayer is a sunnah prayer performed at night (Hasan, 2020) after performing the Isha prayer until dawn (Maskufa, M., Munazat, D. R., Damanhuri, A., & Shomad, 2020) and after waking up, even if it's only for a moment. Ruling on midnight prayer sunnah mu'akkad (Alfina, F. T., Mustofa, A. N., & Setiawan, 2023); Sunnah of

mu'akkad is a sunnah that is highly recommended to be followed (Faridah, S., Nirwana, D., Maimanah, M., Arni, A., Basrian, B., & Hafidzi, 2023).

Indicators for midnight prayers include the following: those who pray correctly must be good; they will experience peace; Allah will deliver them from hardship; if you ask for something in prayer, Allah will grant it; This will lead to success in work and happiness in life (Saksono, T., & Fulazzaky, 2020).

Intelligence

Intelligence is the ability to solve problems faced (Abioye, S. O., Oyedele, L. O., Akanbi, L., Ajayi, A., Delgado, J. M. D., Bilal, M., ... & Ahmed, 2021), especially solutions that require ability and sharpness of mind. Spiritual intelligence as intelligence for facing and solving problems of meaning and value (Makbul, M., Ismail, I., Ismail, W., & Ahmad, 2021) means that one person's actions and way of life are more meaningful and beneficial than others. Spiritual intelligence is the most basic center among other intelligences (Skrzypińska, 2021), because they become a source of guidance for other intelligences (Ibrahim, N., Burhan, N. M., Mohamed, A., Mahmud, M., & Abdullah, 2022). Spiritual intelligence represents the longing for meaning and connection with the infinite.

Spiritual Intelligence

Spiritual intelligence is influential in dealing with problems of meaning, namely being intelligent in placing behavior in life and providing broader and richer meaning. Intelligence to judge that one way of life is more meaningful than others (Anwar, M. A., Gani, A. M. O., & Rahman, 2020).

The function of spiritual intelligence can be to educate the heart to be right; lead to success; make humans have a strong relationship with Allah SWT;(Sugianingrat, I. A. P. W., Mahayasa, I. G. A., Yasa, I. K. D., & Budi, 2021) guiding humans to achieve true happiness in life; directing life to always be in touch with the meaning of life; in the aspect of decision making tends to produce the best decisions; the foundation necessary for the effective functioning of intellectual intelligence and emotional intelligence, and

this spiritual intelligence is the highest human intelligence (Kessi, A. M. P., Suwardi, W. Z., Mukhtar, A., Asmawiyah, A., & AR, 2022).

Indicators of spiritual intelligence include having the quality of patience; tends towards goodness; (Lee, C. W., & Kusumah, 2020); dhikr and pray; feel the presence of God; (Senmar, M., Azimian, J., Noorian, S., Aliakbari, M., & Chegini, 2023); have a vision; have empathy; having great soul; serve and help (Yeni, F., Mulyani, S. R., & Susriyanti, 2024).

Methods

This research was conducted at the Al-Mubarak Modern Islamic Boarding School, Serang City, which is located at Jl. KH. Abdul Latif, No. 07 Cimuncang, Sumur Pecung, Serang City, Banten Province. This research employs a descriptive method in conjunction with a quantitative approach. To obtain data, facts, and information that will reveal and explain this research problem, the researcher used a descriptive analysis method supported by data obtained through field research.

The study's population consisted of 698 students from the Al-Mubarak Modern Islamic Boarding School in Serang City. The number of samples in this study was 69, which constitutes 10% of the existing population. The sampling technique was carried out by random sampling. Data analysis employs techniques such as requirements testing and hypothesis testing. We collected data using questionnaires and interviews.

Result

Tabel 1. Data Normality Test Table with Kolmogorov-Smirnov

Models	Coefficients ^a			t	Sig.
	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta		
(Constant)	3.102	5.824		.533	.596
Understanding Surah Al-Isra Verse 79	.745	.076	.806	9.794	.335
The practice of midnight prayers	.143	.121	.098	1.187	.239

a. Dependent Variable: Spiritual Intelligence

Tabel 2. Case Processing Summary

Case Processing Summary						
	Valid		Cases Missing		Total	
	N	Percent	N	Percent	N	Percent
Understanding Surah Al-Isra Verse 79	4	100.0%	0	0.0%	4	100.0%
The practice of midnight prayers	4	100.0%	0	0.0%	4	100.0%
Spiritual intelligence	4	100.0%	0	0.0%	4	100.0%

Tabel 3. Tests of Normality

Tests of Normality			
	Kolmogorov-Smirnov ^a		
	Statistic	df	Sig.
Understanding Surah Al-Isra Verse 79	.420	4	.335
The practice of midnight prayers	.436	4	.239
Spiritual intelligence	.428	4	.596

a. Lilliefors Significance Correction

Based on Table 3 above, it is known that the value; signature. (p-value) for each variable is greater than the value of $\alpha = 0.05$. So, it can be concluded that the third variable in this study is in a normally distributed population.

Tabel 4. Test Homogeneity Test with Levena Test

Variable	Description	
	Sig.	Minimum values
Spiritual intelligence on understanding Surah Al Isra verse 79	0.267	0.05
Spiritual intelligence regarding the habit of midnight prayers	0.151	0.05

Homogen

Homogen

Linearity Test

Tabel 4. Linearity Test of Understanding Surah al-Isra Verse 79 on Spiritual Intelligence

Case Processing Summary						
	Cases					
	Included		Excluded		Total	
	N	Percent	N	Percent	N	Percent
Spiritual Intelligence * Understanding Surah Al-Isra Verse 79	69	100.0%	0	0.0%	69	100.0%

ANOVA Table							
			Sum of Squares	df	Mean Square	F	Sig.
Spiritual Intelligence *	Between Groups	(Combined)	2085.259	25	83.410	8.213	.000
		Linearity	1927.586	1	1927.586	189.808	.000
		Deviation from Linearity	157.673	24	6.570	.647	.872
Understanding QS Al-Isra Verse 79	Within Groups		436.683	43	10.155		
	Totals		2521.942	68			

Based on Table 4, it is known that the Sig value. of 0.872. When compared with the significance level used 0,05 (5%), then the value is greater (0,872 > 0,05). It can be concluded that the influence of understanding Surah Al-Isra verse 79 on spiritual intelligence is linear.

Table 5. Linearity Test of Midnight Prayer Habits on Spiritual Intelligence

Case Processing Summary						
	Cases					
	Included		Excluded		Total	
	N	Percent	N	Percent	N	Percent
Spiritual Intelligence * Practice of midnight prayers	69	100.0%	0	0.0%	69	100.0%

ANOVA Table							
			Sum of Squares	df	Mean Square	F	Sig.
Spiritual Intelligence *	Between Groups	(Combined)	1274.056	18	70.781	2.836	.002
		Linearity	1094.298	1	1094.298	43.846	.000
		Deviation from Linearity	179.758	17	10.574	.424	.973
Practice of midnight prayers	Within Groups		1247.886	50	24.958		
	Total		2521.942	68			

Table 5 indicates that the significance value is 0.973. When compared with the significance level used of 0.05 (5%), this value is greater (0,973 > 0.05). It can be

concluded that the influence of the habit of Tahajjud prayer on spiritual intelligence is linear.

Determination Coefficient Analysis

Table 6. Correlation Coefficient of Surah al-Isra verse 79 on Spiritual Intelligence

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.874 ^a	.764	.761	2.97842

a. Predictors: (Constant), Understanding QS Al-Isra Verse 79

Table 7. Correlation Coefficient of The habit of midnight prayers on Spiritual Intelligence

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.659 ^a	.434	.425	4.61607

a. Predictors: (Constant), Tahajjud Prayer Habituation

Table 8. Correlation Coefficient of Surah al-Isra verse 79 & Midnight Prayer Habit on Spiritual Intelligence

Model Summary				
Models	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.877 ^a	.769	.762	2.96937

a. Predictors: (Constant), Tahajjud Prayer Habituation, Understanding QS Al-Isra Verse 79

From the table above, it is known that the correlation coefficient value between understanding Al-Isra verse 79 and the habit of midnight prayers on spiritual intelligence at the Al-Mubarak Modern Islamic Boarding School, Serang City, is 0.804. This shows that the number is 0.877. The interpretation table data for the r value falls within the 0.80–1.00 range, indicating a very strong relationship between understanding Surah Al-Isra verse 79 and the habit of midnight prayers on Spiritual Intelligence at the Al-Mubarak Modern Islamic Boarding School, Serang City.

Meanwhile, it is also known that the coefficient of determination (R squared) is $0.769 \times 100\% = 76.9\%$. Understanding the letter Al-Isra in verse 79 and becoming

accustomed to midnight prayers significantly enhances the spiritual intelligence of students at the Al-Mubarak Modern Islamic Boarding School in Serang City by 76.9%.

Hypothesis Testing

Table 9. Significance Test of Surah al-Isra verse 79 on Spiritual Intelligence

Models	Unstandardized Coefficients ^a		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
	(Constant)	4.859	5.650		
1 Understanding surah Al-Isra verse 79	.808	.055	.874	14.741	.000

a. Dependent Variable: Spiritual Intelligence

Table 10. Test of the Significance of Midnight Prayer Habits on Spiritual Intelligence

Models	Unstandardized Coefficients ^a		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
	(Constant)	32.553	7.753		
1 Practice midnight prayers	.965	.135	.659	7.166	.000

a. Dependent Variable: Spiritual Intelligence

Table 11. Regression Equation Test

Models	Unstandardized Coefficients ^a		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
	(Constant)	3.102	5.824		
1 Understanding surah Al-Isra verse 79	.745	.076	.806	9.794	.000
Practice midnight prayers	.143	.121	.098	1.187	.239

a. Dependent Variable: Spiritual Intelligence

Table 12. Regression Equation Test

Models	ANOVA ^a				
	Sum of Squares	df	Mean Square	F	Sig.
Regression	1940.011	2	970.006	110.014	.000 ^b
1 Residual	581.931	66	8.817		
Total	2521.942	68			

a. Dependent Variable: Spiritual Intelligence

b. Predictors: (Constant), Practice midnight prayers, Understanding surah Al-Isra verse 79

The table above indicates that the significance value for the regression equation $Y = 3,102 + X_1 = 0,745 + X_2 = 0,143$ is 0.000. When compared to a value of 0.05, this value is found to be smaller. This indicates the significance of the obtained regression equation.

Comparing F_{count} with F_{table} is another method to determine the significance of the regression equation. We know that the value of F_{count} is 110,014, and F_{table} , with $df_1 = 2$ and $df_2 = 66$, yields the F table at a 5% error level of 2,302. Therefore, if the F_{count} value is greater than F_{table} at an error level of 5%, the regression equation is significant.

Discussion

Every day, students at the Al-Mubarak modern Islamic boarding school perform routine midnight prayers. This routine spiritual activity offers numerous benefits. In essence, Allah has promised many benefits and glory to anyone who performs midnight prayers, including a rise in rank, the ease of all matters, and a commendable place.

Mr. Sulha Mubarak, one of the teachers at the Al-Mubarak modern Islamic boarding school, Serang City, said in his interview that the routine of midnight prayers was a form of his love for the future of his students. He believes that holding routine midnight prayers can foster the intelligent values of students—both intellectual, social, and spiritual intelligence.

Muhammad Jumani, one of the students at the Al-Mubarak modern Islamic boarding school in Serang City, said in an interview that the midnight prayers he performs every night provide many positive values. In addition to fostering a sense of obedience to the Creator, students can utilize midnight prayers to review previously learned lessons, memorize verses from the Koran, and engage in other learning activities.

Mr. Mahmudi, head of the Al-Mubarak modern Islamic boarding school in Serang City, said in his interview that there are many other benefits contained in this Tahajjud prayer activity; apart from being able to increase the Islamic values and religiousness of students, it can also balance our bodies. From a medical perspective,

midnight prayer helps to strengthen and balance the body, thereby reducing the risk of developing hypertension. The modern Al-Mubarak Islamic boarding school in Serang City enforces Tahajjud prayer activities as a mandatory requirement for all students.

In addition to enhancing the spiritual intelligence of students at the Al-Mubarak Modern Islamic Boarding School in Serang City, the practice of performing midnight prayers offers numerous benefits. It enhances the human body's immune system and boosts mental acuity.(Amal, A., & Juandi, 2022) This is one of the benefits of holding midnight prayers (Wasehudin, W., Anshori, I., Rahman, M. T., Syafe'i, I., & Kesuma, 2021). This is certainly considered relevant to the activities of students at the Al-Mubarak Modern Islamic Boarding School, Serang City, which has many learning activities, both understanding Islamic material and state material.

The continuation of midnight prayer activities also provides additional time for students at the Al-Mubarak Modern Islamic Boarding School in Serang City to carry out learning activities. We implement the independent learning process as a form of training to memorize verses of the Qur'an. Apart from memorizing verses from the Qur'an, after midnight prayers, public speaking training activities are also carried out; this activity is a mandatory activity for all students at the Al-Mubarak Modern Islamic Boarding School, Serang City. The aim of training in public speaking activities is so that students have high self-confidence (Santoso, E. D., Sholihah, R. A., & Mu'ti, 2021), have no sense of insecurity (Saffitri, W., & Nasution, 2024), and prepared to enter society after completing his education at the Al-Mubarak Modern Islamic Boarding School, Serang City.

Mahmud Apriadi, one of the students at the Al-Mubarak Modern Islamic Boarding School, Serang City, explained that the midnight prayer activity, which is held every day, can improve his memorization of the Qur'an. The right time to memorize verses of the Koran is after performing midnight prayers. Midnight prayers are the right time to carry out religious activities (Yunyanto, R. D., Khozin, K., & Rahim, 2021). Therefore, many students use the time after midnight prayers to continue their activities, namely studying religious material as well as learning public speaking.

The implementation of the midnight prayer for students at the Al-Mubarak Modern Islamic Boarding School in Serang City can be seen and measured from several

psychological aspects of the tahajjud prayer, including the sports aspect, muscle relaxation aspect. (Nugraha, 2023), aspect of relaxation of the five senses (Azis, 2024), meditation aspect, auto-suggestion aspect, recognition and channeling aspect, as well as a means of personality formation (Rahmandani, A. H., & Al Maysa, 2023).

Mr. Mahmudi, Leader of the Al-Mubarak Islamic Boarding School, Serang City, explained in his interview that the psychological aspects of students can grow and develop optimally by implementing midnight prayer activities on an ongoing basis. Midnight prayers have many benefits. The benefits extend to both the spiritual and medical domains. The spiritual aspect, of course, is that students can continue to pray to the Creator. The medical aspect involves students maintaining body balance, reducing symptoms of hypertension, stretching muscles, and developing individuals with high religious values.

The Al-Mubarak Modern Islamic Boarding School in Serang City measures the spiritual intelligence of its students based on several aspects, such as their flexibility, high self-awareness, ability to face and benefit from suffering, and reluctance to cause unnecessary losses.

Conclusions

The results of this research show that there is an influence of understanding Surah Al-Isra verse 79 on the spiritual intelligence of students at Al-Mubarak Modern Islamic Boarding School, Serang City, amounting to 76.4%; there is an influence of the habit of midnight prayers on the spiritual intelligence of students at Al-Mubarak Modern Islamic Boarding School, Serang City, amounting to 43.4%; there is an influence on understanding QS. Al-Isra verse 79 and the habit of midnight prayers on the spiritual intelligence of students at Al-Mubarak Modern Islamic Boarding School, Serang City, amounted to 76.9%. From a scientific perspective, getting into the habit of midnight can increase and balance the body's energy, so there are many opportunities to avoid hypertension and various other health problems.

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