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Optimalization of Multiple Intelligence Through Qur'an Therapy in Pondok Pesantren Nurul Qur'an (PPNQ)

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Abstract

The era of globalization demands a human being has diverse intelligence that assisted with education, a fact that provides an environment that enables people to develop their talents, interests, and a range of intelligence optimally. Multiple intelligences/MI (Multiple Intelligences) popularized Howard Gardner that intelligence there are some special intelligence who each independently. Being human learners in human institutions and interfere the Qur'an in PPNQ need intelligence in various things. The opportunity to explore the intelligence power-power by using therapy to the Qur'an. "Well, you are the people who read and studied the Qur'an and teach it" (HR. Bukhari). So the understanding of the universe and its contents are sourced in the Qur'an. This paper aims to identify the root of the problems of the most fundamental of the occurrence of events that destroys the joints of human life psychologically in Indonesia, the way human intellectual effort and overcoming learning difficulties, and the way to do therapy and countermeasures with the Qur'an.

Keywords: Multiple Intelligence (MI), Qur'an Therapy, Pondok Pesantren

Introduction

Three kinds of poverty, namely: faith, material and information, is the cause of the deterioration of the nation. The main problem that is being faced by the people and the nation of Indonesia is less qualified human resources as well as the uncertainties of fundamentally in law, morals, norms, ethical life(Hawari, 2011). Then it takes movement to become learners and learning society should be

a priority, more learn to look ahead i.e. learn to anticipate reality. This becomes important for human beings who live in the era of globalization that demands openness and flexibility (resilience) in mind, and the ability to troubleshoot non routine creatively and critically (Syah, 2011) are also useful for overcoming material poverty, faith and information. With capabilities and continually optimised through education, helping learners to develop resource potential, in order to be ready to interact with a diverse cultural environment.

Psychotherapy in Islam which can cure all aspects of psychopathology, which are both the earthly, ukhrawi as well as modern human disease is as an expression of Ali Ibn Abi Talib, namely: *"the remedy of it there are five kinds: reading the Quran while trying understand the meaning, night prayers, hanging out with people who are good/Salih, memeperbanyak shaum/fasting, and a long night of remembrance "*. Whoever is able to carry out any of the five kinds of drugs the heart, Allah will grant the request by cure diseases he suffered (Hikmawati, 2015)so that it becomes a useful man for himself (achivement) and provide benefits for environment (bring change either). It can be observed through the behavior that looks, in a match with himself and his environment, so called man that has an integral personality (intact) as one of the healthy personality trait.

Support for the success of a healthy personality or behavior, health infrastructures are required. Healthy behavior is not just triggered by behaviors that are sourced from within one's self, but rather factors out themselves in the form of infrastructure, and a healthy environment is also very important. In addition, understanding the joint and collective action was a factor beyond that are essential for healthy behavior change. Some of the factors that support the existence of healthy behavior expressed the Qur'an, i.e.: the existence of clean water, a ban on consuming food and drink prohibited, the need for adequate rest for the body, the urgency of the sports and gestures for health the body. Clearly shows that the Qur'an gives some cue/symbols that relate to health. Symbols shown by the Qur'an, all of which leads to the need for a change in human behaviour towards individuals, families, groups, healthy society well spiritually, spiritually, physically. To behave well, humans are required to improve the environment and occupancy (Basit, 2017)in order to be able to recognize her own power potential, and able to adapt to the demands of the environment. Then self awareness and support a conducive environment can be attempted by humans with based on the Qur'an.

The Qur'an has a strategic and functional roles to human life, giving freedom to people to exercise their functions as a servant of God and the Khalifatullah on Earth. When experiencing difficulties in carrying out its functions, the Qur'an can be optioned to overcome difficulties. This is where the Qur'an gives a high award to man to create, innovate and be responsible for the actions of his chosen (Basit, 2017) with diverse power potential has been owned by the learners. Therefore, human beings can learn and experience in all the life span in accordance with the guidance of the Holy Qur'an in order to become a man of the world and the hereafter because the survivors are able to carry out the orders of God and leave things forbidden by God. With the belief that it would be advisable to give benefits to people and things that will harm/damage banned human (also environment).

Allah degrade Al Qur'an, a book of guidelines and instructions for people who are cautious, distinguishing between right and wrong. QS. Al Baqarah, 2:2, which means: "the book (the Qur'an) is no doubt her, instructions for those who are cautious." The sense of piety was kept away from the torment of Allah Swt with abreast of all his commandments, and keep away from any restriction, not quite mean "fear" only. Because the human soul: healthy means piety can distinguish between halal and haram, right and wrong, which can be useful and not, and evils principle (Hawari, 2011). Because a healthy personality can deliver the learners to think of innovative, Adaptive feelings and condition behavior that is flexible. Then the man cautious can optimize a wide array of intelligence, adapt to the social environment, and have a sense of calm as a servant of God and the khalifatullah.

There are three main messages in the Qur'an, i.e.: the message of intellectual, social and spiritual. The intellectual message is a message that encourages humans to do a study of the texts and verses qauliyah kauniyah. The social messages are messages that are associated with human concern and participation in the conduct of social transformations in society. As for the spiritual message is a message that relates to the relationship between man and his God. Many things are possible in everyday life, have not yet found the idea/ideas that can improve life, then the Qur'an can serve as a source of inspiration in developing the life (Basit, 2017). Three of those messages can be conceived and realized by humans for humans that have diverse resource potential which should be optimized in order to be able to fulfill the task to review the science on the

Qur'an, gives the benefit of social, as well as carrying out ruled by God and leave prohibited by God. All of which already exist in the Qur'an as a guide to life and human life.

QS. AZ-Zumar 39:23, which means: *"God has sent down the word best (as in) of the Qur'an that are similar (the quality of the texts) again repeatedly, shaking the skin therefore those who fear their Lord, then be calm skin and liver they were at the time remember God. That's the God's instructions, with the book She guides who he wants. And whoever misled God, then no one clue giver for him "*. Dr. Ahmad Al-Qaadi, Director of Islamic Medicine for Education and Research, based in America at the same time the consultant expert of a clinic in Panama City, Florida, the US has been doing research on the influences of the Qur'an in humans in perspective physiological and psychological. The result is that muslim and non-muslim respondents experienced some physiological changes that indicate the level of tension nerves reflective ("Pengaruh Al-qur'an terhadap Fisiologi dan Psikologi Manusia," 2011), the Qur'an has an influence capable relaxes the tension of the nerves. Note also that the tension of the nerves could potentially reduce the durability of the body caused by a disruption of the equilibrium organ function in the body to fight illness or help the healing process. The effect of relaxation brought about Qur'an on physiological because the sentences the Qur'an itself definitively, without having to know the meaning of the words. An awful lot of religious guidance both in the Qur'an, the Hadith of the Prophet which refers to these three types of health: physical, spiritually, and socially (Alhafidz, 2010). So it is with repeat reading of the Qur'an, are able to memorize the Qur'an, are able to understand the messages implicit in the Qur'an and the practice of content the content of the Qur'an in the activity of worship-mu'amalah will make healthy physical man (a), spiritually (comfortable and quiet), social (Adaptive). A healthy human being would be able to recognize the power-power owned and develop optimally in a wide array of intelligence. It is done at Nurul Boarding School, where the students who memorized the Qur'an also has academic ability in educational institutions (primary, secondary to College), besides the ability to socialize in the activities investigations involving the mass public study and other religious routine activities.

Pondok Pesantren Nurul Qur'an (PPNQ)students mothered by Kyai Fariq Ahmad and Siti Zulaikhah Alkhafidhoh has a range of capabilities as the provision to become a religion: Lecturer, interfere the Qur'an, a reviewer of the book, the

activists of the font and other religious activities. Where the students can maximize compound intelligence (multiple intelligence) with the environment is conducive and methods of therapy of the Qur'an. The background raises the problem of knowing how environmental PPNQ can optimize multiple intelligence the students?, what are the constraints experienced by ustadzah and students in using the Quran for therapy optimize the multiple intelligence of the students in the PPNQ?, what efforts are being made in order that the Quran therapy can optimize multiple intelligence of the students in PPNQ.

Discussion

Multiple Intelligence (MI)

Human is the main force of development, then the need for improved quality of human beings as human resources with education, because education is the principal key to answer the challenges of the times. Education is a process to improve the dignity and the dignity of the human being, the human also raised from various failed. Through the education obtained intelligence work out thought and new insights that will help human endeavors to improve the quality of his life (Afifuddin, 2012). Educational opportunities to acquire knowledge and diverse experience will help human learners to understand a lot of things in the universe and how to use the ability to help themselves and meet the demands of social as well as able to serve God became human. Because education to help optimize the human intelligence that has possess diverse potential.

The era of globalization and reform now this requires a reorientation of education as adaptation to changes, so the need for educators who are provided with diverse psychological knowledge that correspond to the demands of the times, the progress of science and technology. Whereas the nature of education is to provide an environment that enables to develop talents, interests and capabilities are optimized and intact, include cognitive-affective dimension- psychomotor (Syah, 2011). Similarly, research and daily observation proves that clever is not a success, while a mediocre ability who thus become successful. Therefore the tendency of psychology is now no longer rely on the theory of the "G" factor, but switched to what is called "Multiple Intelligence" approach to learning which is more concerned with the quality of the learning outcomes (Syah,

2011). Though or the MI (Multiple Intelligences) that popularized Howard Gardner in his book "Frames of Mind: *The Theory of Multiple Intelligences*"(Sarwono, 2009). Because with compound intelligence then humans can live in an environment that is very likely due to human thought and by the environment varies from one place to another. So the purpose of education adapted to the intellectual life of the nation for understanding to be a perfect man.

The philosophy of Pancasila teaching how civic berketuhanan or have the belief and worship in accordance with his beliefs, how to build a relationship of humanity with compassionate sweetheart, how to keep the unity of the Indonesia community Bhineka Tunggal Ika, how the principle of giving priority to the Joint Congress in resolving the problem, and how to be fair that proportionate. Five of these enhanced educational ideology of Islam that there is clarity of rules wrong and right, stay n touch , acknowledging differences and work together to achieve the devotion, as well as being that's fair to yourself and others. So the philosophy of Islamic Ideology and Pancasila education can work together to shape human learners who possess intelligence. So that intelligence can be developed optimally, good: social or intellectual, spiritual.

The learning process does not just include the motor behavior, but also of thought and emotion. According the laws of Gestalt that humans think thoroughly, then the learning process mainly involves the process of thinking, must begin with a study of the material as a whole, new to the details or its parts, involving: break time, knowledge of the material is studied thoroughly, an understanding of the material studied, the knowledge of his own achievements, and transfer (Sarwono, 2009). Because learning can be experienced directly involved with behave or learn indirectly by looking at the experiences of others so as to train the innovative and creative imagination. It needs to be understood by human learners that many factors affecting the desire to learn and support an environment conducive to successful learning.

There are several factors that affect learning, namely : (1) internal factor include thw state/condition of physical and spiritual, (2) external factor, namely enviromental conditions, (3) learning approach factor, i.e.learning efforts that include the strategies and method used. Human learners who have high intelligence (internal factor) and get positive encouragement from parents (external factor), may choose a learning approach that is more concerned with the

quality of learning outcomes (Syah, 2011). Although internal factor greatly affect the process and learning outcomes, environmental factor will contribute comfort and tranquility as long as the learning process lasts longer / tends to be repeated so that it becomes a good habit. Besides that the social environment will provide an opportunity for humans to remind each other in goodness and be ready to compete in achievement.

The environment is populated as a place of human life has undergone a change in a thrilling competition scramble for natural resources. Such phenomena require humans to build his world with adjusting to the environment itself. This became the focus of criticism of educational paradigm changes because obviously there is a functional relationship between the world of education to the needs of human life as the interaction with the environment. In a broader sense, education is a process of learning to adjust to the environment (Khamdan, 2010). And psychologically learning can be defined as the process of obtaining changes behaviour (both cognitive, affective, and psychomotor) to obtain the required response in the interaction with the surroundings efficiently (Joseph, et al, 2010:222), due to the positive transfer in the learning process, namely: the development of a progressive, multiple intelligence, optimization of the formation of integral personality, as well as the awareness of faith and piety.

Positive transfer can occur in a self learner in helping educators learn in certain situations that make it easier to learn in other situations. Positive transfer according to Barlow was learning in one situation helpful in other situations, i.e. learning in a situation that can assist learning in other situations (Syah, 2011) so that it can overcome all problems. With the occasion of experienced human learners can overcome problems that are very likely to appear on her, even help resolve problems experienced by others as well as creating a conducive environment. Although its human learners will always exist.

Problems experienced by students at large about: about how to learn, transfers, friends and relationships, timing of activities, the values of living (preached family, environmental education and community). The different problems experienced by individuals with diverse in shape, ranging from inability to show optimal results in learning disorders or mood disorders, psychic feelings (Siswanto, 2007). In addition, learning problems that often occur, namely: time setting, choose the way, the use of books, study groups, preparing test, select Maple and majors, and so on. Then the success of learning influenced the various

internal and external factors (Joseph, et al, 2010:222). While according to Mulyasa that there are five aspects of individual differences that must be observed in order not to experience a deterioration of learning, namely: the limited time and material to support the success of learning, an ambiguous rules for learners, and others. While internal factors because of personal conflict that are not able to recognize potential so confused to begin with learning activities and the realization that there are *individual differences*.

Each individual has their own distinguishing with another, namely the intellect/intelligence which means adjustments yourself mentally against a situation or new condition. There is another opinion, that intelligence is a set of individual ability to act with the intention of, think rationally, and to deal effectively with their environment (Sarwono, 2009). Because intelligence possessed by humans can be used to meet the needs of themselves and able to meet the social demands. Therefore, adult (parent, teacher, ustad-ustadzah) has an obligation to optimize the intelligence of learners in accordance with their respective conditions, namely: the bringing of the factors as well as environmental factors. The success of learning started the planning process-the results are understood by all aspects of education. Although an understanding of current intelligence is known not only in the realm of cognitive, but also emotionally astute and practice. Because humans are smart (intelligence) have the ability to recognize potential and adaptive anywhere.

Intelligence is the ability to cultivate further things observed, this ability is composed of two types: (1) these General Abilities underlying special abilities, but it is not a mere collection of khusus ability but rather a quality all its own. It is strongly influenced by the experience, interests and opportunities in each person. So two people can develop the abilities generally up to the different special abilities, (2) special ability is the ability in a specific area, there are seven: oral comprehension, fluency words, ability of the figures, visions of space, associative memory, perceptual speed and reasoning (Sarwono, 2009). That has been possessed by every human being, but can be drilled with the conditioning by the adults around them. Because every human being has an innate and environment have the potential that has the task to optimize. Although there is a standard measurement of human intelligence, but learners are very likely to experience changes due to learning opportunities and experiences.

The measurement of the ability of human behavior and psychology tests used to display the capabilities of human beings individually and individual differences. There are two kinds of tests that play a role in determining a person's behavior, that is a test of ability and personality tests. ability test commonly referred to as intelligence tests (all the human capacity to learn and all the human capacity to solve problems). So intelligence tests can measure the potential of children for learning in schools, a high level of intelligence means intelligent, synonymous with versatility in meeting academic demands, so as to be able to live a life of success (Joseph , et al, 2010:226). If a few decades ago, in Indonesia are still in the learning process that prioritizes intelligence (Syah, 2011) mathematical logic, but is now starting to be understood about the range of intelligence. So that learners are successful when it has a lot of science, emotional stability, adaptive behavior. Because the competition there is the kind of work that requires reasoning, practical skills, the ability to predict and manage, as well as the diverse skills of the language. So it needs the tools so that individual intelligence tests can identify potential ability and able to actualize optimally.

One of the types of intelligence tests was developed by Thurstone, known as the Primary Mental Abilities Test (a test of mental ability basis), including: (1) Verbal comprehension is the ability to understand the ideas expressed with words, (2) Number is menalar and the ability to manipulate mathematically, (3) Spatial is the ability to menvisualisasikan objects in the form of space, (4) Reasoning is the ability to solve problems, and (5) Perceptual speed is the ability to find the equations and inequalities among the objects appropriately (Afifuddin, 2012). In addition, there is the opinion of Gardner who stated that intelligence (intelligence) was not composed of one common and some are specific, but indeed there are really some specific intelligence, each self-contained, i.e.: language intelligence/linguistic, mathematical logic/mathematical, logical space/spatial, bodily/kinesthetic gestures, music/musical, interpersonal, and interpersonal/into/sometimes intrapersonal. In 1999 plus one more, which is the eighth intelligence about nature/naturalistic intelligence (Sarwono, 2009). So that aspect of education does not just focus on one type of intelligence, but there is a wide array of intelligence that can be optimized with the right method as well as a conducive environment. The intelligence compound owned by individuals can be realized as early as possible in order to be given effective and efficient education. In addition to the intelligence compound, optimize the intelligence of a human

being is to help individuals who are adaptive, able to adapt himself and the environment.

Intelligence is defined as the ability of psychophysical stimulus or reaction to adapt to the environment with the right way. Intelligence isn't really a question of the quality of the brain but also other body organs. It must be admitted that the role of the brain in relation to human intelligence role more prominent than other organs, the brain is the control tower, because almost all human activities (Syah, 2011) supported by other organs of the body as well as the condition of feeling which gives the meaning of capabilities. Because the intelligence compound (multiple intelligences) that human beings, not just focus on intellectual ability (mathematics, logic), but also sporting flavor (sometimes intrapersonal, interpersonal, languages, nature/natural) and sports (gestures, music).

The theory of *Multiple Intelligences* of Howard Gardner is very popular because it explains why the school is limited to Puspa Point so the genius of music, while never got B. J. Habibie sing. Keep there is a learner sports magnate but his mathematical value is mediocre. Instead, the United Kingdom language speech champion doesn't need to be told by a gym teacher. kopro Because that's in the U.S. subjects to Elementary School to the High School consisted of just the obligatory lessons 4-5 lessons, the remaining options in accordance with the talent and ability of each Such understanding may lead learners to get appropriate education with intelligence. So education is not only to educate the intellectually, but also stable emotions, and adaptive behavior. Because a set system in education that has been designed can be practised with a proper method to get the results that correspond to the purpose of education.

That can be developed by thinkers and implementers of education so that all community members have the opportunity to get an education as a whole within the family, institutions of formal education, and community. Because all human beings are entitled to the education of parents, teachers/religious figures, and community leaders. Education supported by the empirical, that every individual has the wit and assisted by educators to actualized.

The House of empirical stated that with average IQ, if trained well the aspects of his intelligence, and his creativity as well as the intelligence of his emotions, will be able to perform incredible. Other evidence is that Papuans difficult once taught reading and arithmetic, but rather a Professor of whites from

the United States though not necessarily able to light a fire by using two pieces of stone is hot, Cook the yams and pork only with a pile of hot stones and leaves, or climb up the steep cliff without falling over. The intelligence of people United States indeed cannot be measured from the ability of the people of Papua New Guinea, but has its own intelligence measure that will not be achieved by the United States. It is clear that cultural factors play a role in determining the sanagt of one's intelligence (Sarwono, 2009), because intelligence is evolving in accordance with the demands of the environment as well as there is a desire to change according to the internal environment. Therefore intelligence has a very broad meaning, i.e. the ability that has owned that can be developed with education in order to become a human adaptive (smart individuals) and provide a benefit (social intelligence) as well as being able to execute the commands of Allah Swt (spiritual intelligence).

In general society just looked at clever concepts from the field of education, but it may just be smart in school, not yet good at drawing, work smart, play music or sing. In line with the development of science, intelligence is viewed more broadly. In the year 1980-90s a psychologist Howard Gardner of Harvard, argued that humans have a rich intellectual spectrum. Intelligence has the ability to fix the problem, menggeneralisir problems, and create/offer services that are valued in a culture (Joseph, et al, 2010:227) also in accordance with the rules/norms of Islam. Hence the sense of education, the objectives to be achieved as well as the scope of the object of education should cover many aspects, namely: personal, social, and spiritual or cover the cognitive, affective and psychomotor. The coverage of these aspects are in line with social norms and Islamic religion.

By having the intelligence compound. Because according to Gardner that man has eight basic intelligence: linguistic, mathematical logic, visual space, kinesthetic body, musical, interpersonal, intra personal, and natural. Kinds of intelligence that's called MI/multiple intelligence (multiple intelligence). Intelligence as the potential ability to develop depends on: (1) biological factors, including a descent/genetics, brain injury/wounds before-during-after birth, (2) personal life history, including experience with parents, teachers, peers, friends and others, (3) cultural and historical background, including the time and place of birth as well as the nature and conditions of life of the Community (Joseph, et al, 2010:239). By currently existing, education that assist optimization of multiple intelligence need support many aspects of man, good educators also means

prasaran as well as government policies that favour the quantity and quality of education. Because the philosophy of education is a positivist that every human being can be formed of his intelligence, while there is a desire and an opportunity.

Human intelligence evolved if given the opportunity, including: the role of teacher, environment as well as the involvement of human learners actively. Howard Gardner as a pioneer of the concept of multiple intelligence argues that human intelligence has the capacity to learn, solve problems, create something within the context of the rich, and create natural settings. So it needs the cooperation of ahrmonis between the educator and the learner with the understanding that: (1) every human being has eight kinds of intelligence, but that protrudes a few, (2) most humans develop intelligence on the stage competent when it gets stimulation, adequate guidance and support from their environment, (3) intelligence can work together in complex ways, (4) there are a few ways to be smart on each type of intelligence (Joseph, et al, 2010:229). That must be realized by the produce educators (teachers, professors, kyai, ustad-ustadzah), and this was done at boarding schools By the Qur'an. The student can be compound using the intelligence of the optimal therapy of the Qur'an (read, memorize, understand the content of the contents, tajwid, as well as caring and protecting it).

Qur'an Therapy

God created man as the Caliph had the freedom to develop themselves. Almighty God equip mankind with nature khouf (anxiety, fear, and worry) and rojaa (attitude full of hope and optimism). The two forces should be synergy and harmony. Existential human conditions meaning that human development focus of oneness of existence, means there is a very fundamental values that became the cornerstone of human development and the direction towards the unity of existence. The street value of that question is the religious values. As a servant of God, human beings and viceroys have a sacred duty of worship, is a personal ritual (salat, shaum, pray, read Al Qur'n), as well as social worship, namely: establish friendship, creating an environment that is beneficial to the wellbeing or the happiness of mankind (Joseph, et al, 2010:137) in various ways faith and air-Islam based on the Quran. It is believed to be with intuitive intelligence also learned with intellectual awareness. Because conviction would make man subject to God's commands and prohibitions, while intellectual awareness will liberate humans to distinguish right and wrong and dealing with God's creation.

The process is part of the intellectual foundation of religious precepts, because there really is a point that a trust will be secretly more powerful when you thought process can be used to provide a right way reason. The necessity of religious attitudes that can combine the certainty of opinions with tolerance of other opinions is one of the reasons to consider that the religious stance should include intellectual factors. Although the intellectual factors cannot form religious grounding as a whole because it requires the involvement of religious motivation and emotion. So the necessary methods to develop the ability to accept one of the more disputed, in addition to understanding the reasons that make sense so that others hold the opposite opinion (Rohmah, 2013). So the Muslim can be learned and practice based on the source of the teachings (the Qur'an) that "universal" timeless and conducted in accordance with the Sunnah of the Messenger Prophet Muhammad. Because the servants of Allah and the Prophet Muhammad which are based on the Quran and Al Hadith can know the universe and able to address the range of problems that there are always increasing in the global era.

In the era of globalization today, counseling and psychotherapy is not only given to people who have a question or are having mental disorders. The community looked at that counseling and psychotherapy may also be given to individuals who are normal and healthy, but who wants to know more and develop themselves again so that the potential to increase competency in interpersonal relations weaves with others and increase insight towards yourself (Siswanto, 2007). So the man who has yet to recognize the potential intelligence and not able to actualize can be helped by therapy, even the man who has intelligence but yet gave the benefit can be directed in accordance with the demands of social religion. then the process help through therapy (counseling) can be done in a clever man so that his achievements, optimized in humans do not realize/recognize the problem in order to be able to resolve the problem, the human experience of anxiety religion can be calm in religion, and others.

The term psychotherapy (counseling) have an understanding as a way performed by professionals (psychologists, psychiatrists, counselors, doctors, teachers/ustad-ustadzah), with the aim of helping humans who experience psychological problem. The goal of psychotherapy more specifically covers several aspects of human life, namely: strengthening motivation to do the right thing, changing cognitive structures, reducing the pressure of emotion through the giving of an opportunity to express the feeling inside, helps develop potential,

changing habits and form a new behavior, increase knowledge and capacity to make decisions, improve self knowledge and insight, improved interpersonal relationships, changing the social environment of individuals, change the somatic processes so that reduce pain and increase awareness of the body by physical exercises, and change the status of awareness to develop a consciousness-self control-creativity. While the issue dealt with Western psychotherapy issues concerned the nature of physiological, emotional, cognitive, behavioral and social (Hikmawati, 2015) even spiritually. Because an integral therapeutic approach includes the intelligent biophysico socio spiritual, namely: healthy physical condition, psychological feel comfortable, to feel accepted by their surroundings, and feel peaceful because it is convinced that with the human devotion will happy world of the afterlife.

Counselling and psychotherapy does not differ qualitatively. Counselling process by which individual pointing are given the opportunity to explore the self that leads to increased awareness and the possibility of choosing, help individuals to get rid of things that inhibit growth. Because counseling intended to individuals are assisted to find private sources in order to live more effectively. While psychotherapy is often focused on involuntary process and deal with the alteration of the structure of personality, led to an intensive self understanding about the dynamics that are responsible for the onset of the crisis-a crisis of life than only dealing with efforts to overcome the crisis of a certain life(Siswanto, 2007). Because psychotherapy (counseling) not only helps solve the problem, but also recognize the problem so that others can avoid the opportunity on the source of the problem.

Through psychotherapy, a person will be able to get to know the problems encountered and was able to solve it on its own because of the onset of a sense of responsibility to deal with it. So it will be able to develop the attitudes and methods of problem solving (problems) faced every time the present and the future, emerging awareness as members of society who are involved with the responsibility of living environment, understanding that the surrounding world is filled with values that must be followed and observed and practiced in his life as a member of the community and as part of the surrounding world. If a person is aware of his position as individual beings are social da then will be able to make changes against the problems that are in themselves, and no longer being too obsession (concentrated his mind) to chaos in himself. Awareness and

understanding of the self can deliver this sort of individual interaction activities, so to grow up feeling happy (Rohmah, 2013) that will help all potential actualizing (biopsychosocial-spiritual) that owned. Feeling happy makes physical work feels light, comfortable to activate psychic processes secure social awareness, to interact, and a sense of peaceful because confidence in Allah Almighty. And it can be learned by humans that has possess minds that differentiate with other creatures.

Experiments conducted by experts that the future of the human brain (frontal lobe) there is a specific section in a given microwave electronic stimulation then it would feel a sense of peace, focused, close to the Lord. Next the researchers say the brain is a point of connecting with the soul, the heart and then to their Lord called a "God Spot". U.S. Medicine, prayer does not mean drug therapy with negligible. Snyderman (1996) States that medical therapy alone without prayer and remembrance is incomplete, the opposite of prayer and remembrance without medical therapy is not effective. The opinion in accordance with the Islamic view that asserts that humans are creatures of nature "Faith", as the word of God in the QUR'AN. AR-ruum, 30:30, meaning: "then thyself front straight to religion (Islam), nature (religion) of Allah which he had created man upon it. There are no changes for God's creation. That's the straight religion but most of mankind know not "(Hawari, 2009). At this writing the given of God through the Holy Qur'an: read, remember, understood its meaning. Because the Qur'an into guidelines for human to believe and moeslim, in addition there is evidence that tombo ati one is with the Qur'an. The great hope that mankind can live life and life with based on the values that exist in the Qur'an, it promises the reward of reading the Qur'an, foster a sense of happy and will avoid the deed it is. Because it has been clear what is in the Qur'an that good behavior will be rewarded and bad behavior is a sin. With the understanding that human beings will be happy also gain salvation in this world and the hereafter.

Many humans lose grip, aim to compete on the material as a destination near the sheer with cut corners, as a result of the loss of devotion. Humans are losing grip (lost) the Prophet Muhammad said, as record by Al Hakim, which means: "I have left for you two things, if you hold fast to him, undoubtedly you will never get lost forever and ever, that is the book of Allah "Qur'an and Sunnah" Prophet "Muhammad"(Hawari, 2011). It clearly commanded and compulsory for Muslims to believe and carry out religious activities in a day-a day in the life, for example by regularly reading the Qur'an.

The Qur'an was revealed to the Prophet Muhammad is the last Prophet. The Qur'an is the Holy Book of the Muslims which contains guidance, doctrine and the story of the various people of the past to be used as a guideline by the Muslims. The Qur'an is the book of guidance for mankind in this life in order to be harmonious, aligned and balanced in relation to God (vertical), with our fellow man and the surrounding environment (horizontal). The Qur'an is the book of the latter passed down through his Messenger, the refinement of the previous books, is the book is the last and most complete Edition as well as perfection, because its content is divine revelation, not the fruit of the human mind , no one interfered with and always maintained her chastity by him With faith in the book of Allah, and manifested in reality with read, memorize, understand the content of the Qur'an to be implemented in the life of every moeslim will be honed the ability of understanding (cognitive), implementation (psychomotor), which accompanied by delight (affective). So that individuals can keep yourself and your family as well as their surroundings from acts that violate Islam.

Understanding and practice of Islam is when a human being is capable of running amar ma'ruf nahi it. Allah degrade Al Qur'an, a book of guidelines and instructions for people who are cautious, distinguishing between right and wrong. QS. Al Baqarah, 2:2, which means: "the book (the Qur'an) is no doubt her, instructions for those who are cautious." The sense of piety was kept away from the torment of Allah SWT with abreast of all his commandments, and keep away from any restriction, not quite mean "fear" only(Hawari, 2011). Because of the lack of piety which would make man earn salvation in this world and the hereafter. Safety in the world because humans are able to carry out the order of the religion, and salvation in the afterlife when people have confidence in the existence of heaven, which is given to the slaves. Where the devotion that is based on the source of the teachings of Islam, i.e. the Qur'an.

God Almighty in surat al-Baqarah, 2:185, meaning "month of Ramadan In which was revealed (the beginning of) the Qur'an, a guidance for mankind and clear proofs for the guidance and the criterion between right and wrong". The presence of the Holy Qur'an is not for God and his Messenger, but for all humanity. Understanding Muslims generally put the Qur'an as a book of the law that produces legal products for humans. By implication, the understanding of Muslims being partial. The Qur'an is considered a book which governs human behavior (should or should not be done). So, creativity and innovation into souls

imprisoned Muslims and entangled by the rules are understood. In fact, the Qur'an not only reveals himself as the book of the law. The Qur'an is the book of guidance for mankind, the instructions or explanatory, and as a criterion (QS. al-Baqarah, 2:185), as medicine and grace (QS. al-Israa', 17:82), as well as being mauidzah (QS. Jonah, 10:57). Put the Qur'an in accordance with stated directly by the Qur'an itself, will have implications for the wider (Basit, 2017:186) to foster a consciousness that man as a servant of God to worship and had a deal for the khalifatullah. Therefore with based on the Qur'an that has perfection, then the problems faced by humans can be finished completely with God that gives problems and God will give you the solution so that humans strive to find it. Then there is no doubt for Muslims to believe in the book of God.

Mahmud Syaltut, Professor and former Rector of the University of Al Azhar University, Cairo, held that the provisions of law specified in the Qur'an have 4 characteristic that sets it apart from the law of human products (Winarno, 2016), namely: (1) some verses which is contained in the The Koran stated clearly and definitely or qat'i so that there is no loophole for the mujtahid to interpret through ijtihadnya, (2) any form of legal information provided in paragraph is inseparable from the concept of targib (the impetus that is uplifting) and tarhib (urge is scare), thereby encouraging people to do good and avoid the bad, (3) the existence of a relationship between a provision of the law with another and this is expressed in the Qur'an are scattered in the texts are, (4) the law of the Qur'an in addition are also common are fair, flexible and elastic, so it can be applied at any place and time (Hawari, 2009). Then it is just when the Quran therapy became one alternative to human beings in order to discover himself as a servant of God, fosters the understanding that human beings have an excess of minds to learn and continue learning, optimize diverse intelligence to compete in life, and have confidence that there is a responsibility for the world's life when humans entered eternal life (nature of the afterlife).

The Qur'an for Muslims is the book the sanctified, became a reference first and foremost for the people in their processes in the world. The Qur'an as a guidance for mankind, so the Muslims always approached him: listen, read, memorize, to interpret and apply. Then the Muslims there is some tendency, namely: positioned as a ritual activity, review/understand/interpret it in order to find out the meaning of their subjects (Ulya, 2016) and to assist in the healing of life/life problems faced by man. Some of the above tendency makes the humans

sometimes intrapersonal intelligence to sharpen with a soothing ritual activity, examine the logic of awareness about the reason for making it obey Allah, practice that will form interpersonal intelligence as khalifatullah, read and memorize will cultivate the habit of saying the kalam of the divine. Then Quran therapy became one of the ways to help optimize the entire human potential wit.

Psychotherapy is a technique of administering aid to an individual to attempt to change the pattern of life that is not done by developing a more satisfying feeling of her and is in harmonization of relations with surrounding communities. So psychotherapy serving a deeper psychological problems again, which influenced the attitude and personality of a person who had laboured through the need to outreach to the healing of psychological abuse. Then psychotherapy can reveal-the psychological boost of encouragement in that hidden and unconscious in a long period of time(Rohmah, 2013). Because Muslims know the Qur'an from his carriage by her parents there are also conversion because the learning after the birth. Therefore, the early Muslims know/was introduced to Qur'an indirectly can hone a variety of intelligence: know the letter Alif, legal reading of the Qur'an, ethics/etiquette read Al Qur'an, learned on Murshid (khafid-khafidhoh) , Qori ' with intonation that make up the harmony, even the chance of competition to know resonate and the proper reading of the law. Then the intelligence compound will be owned by optimally utilizing the students Qur'an therapy.

The Qur'an is considered a therapy first and foremost, because in it there is the secret of how to cure diseases of the human spirit. efficacious level depends very much how far the level of someone's faith suggestion. Suggestion is can be achieved with reading, hear, understand and ponder and implement its content. QS. Al-Israa ', 17:82, meaning: "and we sent down the Qur'an one that became bidders and mercy for the believers and the Qur'an that does not add to those losses other than the tyrant"(Hikmawati, 2015). It is understood that with read and memorized the Qur'an then Muslims (in particular the students Koran interfere) can optimize memory, master your emotions so as not to interfere with the rote mastery, even keeping his behavior (always good) in order not to lost the memoriесе.

Read the Quran with understanding meaning and significance with the belief that reading the Qur'an is worship to God, which would be obtained clues that will bring to life the atmosphere of a comfortable life (prosperous), whether

related with the private life or in the life of society (Joseph, et al, 2010:148). So get the degree of biological health because the pronunciation of the letters Alif clarity honed, feel comfortable while reading and memorizing the Qur'an because the brain is in a position of "focus", socially there is appreciation for the interfere of the Qur'an as human noble, spiritually and there are beliefs and worship only the gods will get the reward of paradise. Then the interfere of the Qur'an will get Prime health: biopsikososiospiritual. The condition can answer/resolve the problem dimensions of human life.

All the dimensions of human life that concerns aspects of the law, norms, values and ethics of life loosely to the Qur'an as well as instructions to their implementation (operational guidelines) contained in Al Hadith as exemplified by the Prophet Muhammad. And, anyone who does not believe and follow the instructions of the Qur'an, he himself will be losers. QS. Thaha, 20:100, which means: "he who turns away from it (the Qur'an), then surely in the day of Resurrection he bear sin". When the doctor read the textbook of medicine in order to add their knowledge to practice for the health of the patient, then surely the Qur'an is a complete mental health textbook and perfection in the world. For men who understand, appreciate and practice will have welfare benefits and birth and inner, survived in the world and the hereafter in the future (Hawari, 2009) and inner happiness. Making Muslims have conviction that reading the Qur'an alone already bring much less memorize, knowing the contents of the womb, as well as practice in everyday life. So can the Qur'an as a therapy when read, memorized, examined implies, implemented in everyday life, and confidence will get a reward. Then the resulting optimal intelligence Qur'anic personality compound.

For Muslims, reading the Qur'an properly has a high religious value and get a reward for being the best readings in all circumstances, i.e. when: excited, agitated, themselves, are in crowd, got the favour, receiving accident and others. In a history, comes a Ibn Mas'ud, one of the companions of the Prophet. The person asked for his advice. He said: "O Ibn Mas'ud, give advice that can give me medicine for my soul that is peaceful, not agitated, tangled thoughts , packed beds uncomfortable, no sleep. Ibn Mas'ud gave an advice, he said: "If the disease affected you then bring your heart to the place of the people who read the Qur'an, you read the Qur'an and listen well people who read Qur'an (Ulya, 2016). Evidence that the Qur'an can cure various diseases because of the soothing

harmonyization so that the individual is healthy and comfortable doing various activities, even when the effect of easing awareness of reading the Qur'an.

Qur'anic method and thibb An-Nabawi has managed to instill the values of health through the worship of practice which became an obligation for every muslim. Many scriptural instructions and sunnah which basically leads to attempt gain the health. QS. At-Tahrim, 66:6, which means: "o believers keep yourselves and your families from the torment of hell-fire." The efforts of health there are several ways that is legitimate, that is: the Qur'an together hygiene with the repentance as one of human nature who loved God, strengthen taklif keep clean, hygiene and health related to the creed that is faith, and the existence of reward and punishment for perpetrators (Alhafidz, 2010). Therefore, faith in the book of God of whom the Qur'an and moeslim with reading/memorize will make a cautious man. It is taught and became a habit in boarding schools By the Qur'an. Because the student can do on memorizing the deposit that has been determined, and the mother of Mrs Siti Zulaikhah prioritizes time deposit even motivated the student to promptly completing the Qur'an. These conditions are found in PPNQ (Pondok Pesantren Nurul Quran).

Pondok Pesantren Nurul Qur'an (PPNQ)

The role of the Islamic boarding school in Indonesia nation-building is something that cannot be ignored, so it is very clear in case of dynamics and upheaval in society then boarding cannot be forgotten from the discussion. The Association of boarding with the dynamics of the community because of the boarding school is an educational institution which was used as a place to spread Islam and to deepen his growing up in a society with a system of boarding at once are independent in every respect (Khamdan, 2010). Because the duration of time for the students, he lived in accordance with their respective capabilities that would have been different, but there is a target average time which made the deal (though uncredited) for the student pass/graduation.

History proves that the seminary became the driving force of the nation's struggle in the expelling of colonialism, even with maintaining the traditions of the local cultural heritage to survive from the whaling era. Boarding school can withstand firmly in the siege of aristocratic education system in the era of colonialism so as to bring up people's education system is cheap and democratic.

And be a general agreement that the boarding school is the center of change in education, political, cultural, social and religious. Because the boarding school requires two things, namely: the intellectual life of the nation and participating creating peaceful world (Khamdan, 2010). Because life in boarding schools give priority to togetherness in a variety of ways, namely: kites infrastructure, budheg service, met with ustad-ustadzah, hour visit, time off, etc. It makes the students feel to have a new family member the equally struggling under one roof for a seek religious knowledge which will be actualized when back to the community in their respective regions.

Boarding is capable of being an agent of social change that one of the proof with Kalpataru award in 1979 against boarding An-Nuqayah in Guluk-guluk, Sumenep, Madura, is an important role in the harmonization of human environment memola based on the principle of environmental ethics. boarding school was not merely as a place for the Koran but also become artifacts of civilization and a symbol of change in Indonesia, so the Muslims greatly determine the style and character of the communities (Khamdan, 2010). A very clear identity of his personality, namely: emphasis on devotion, doing amar ma'ruf nahi it, respectful and obedient at kyai budheg/teacher, doing activities together in a mutual, even eating from one container at the same time, and others . It is also carried out by the student in PondokPesantrenNurul Qur'an (PPNQ).

PPNQ stand beginning in 1990-an under Mr. Patni Ahmad Fariq and mother Siti Zulaikhah Alkhafidhoh that has good Naat men as well as women. Memorizing the deposit to the capital Zulaikah beginning with: juz 30, Yasin and Tahlil, surat Ar-Rahman, surat Al Mulk (which became the initial terms to continue the recitation and memorization to 30 juz). It applied to all santriwati even though graduates of MTs, MA. Because the Quran does not interfere age restricted, even though the average students interfere the Qur'an who settled in PPNQ average facing while the school and College in MA.

Model Thoughts

Human as Abdallah and khalifatullah has been provided with reason therefore has a range of intelligence to carry out two glorious task. By kognitifnya man can know science and insights about the universe, with the afektifnya man can express emotions appropriately/no harm, with human psychomotor activity

able to complete tasks routine. In addition to the three domains of intelligence (cognitive, affective, psychomotor), Howard Gardner's opinion that humans have multiple intelligences: logic, language, musical, kinesthetic, spatial, interpersonal, intra personal, and natural. There are also opinions of Thurstone that humans have a special public intelligence and wit. It is poorly understood by the public in General, so it needs help in order to guide the intelligence compound can be optimized. The therapy then conceived to help people not normal can also be used to help normal people who are unaware of the potential power of the intelligence compound. Therefore, one of the psychotherapy used is the Qur'an, because therapy is known by Muslims as a guide to life and living. With reading-memorize-review-practicing the Qur'an then normal human can recognize/realize the potential intelligence compound. So in this paper examines the optimization of multiple intelligence via Quran therapy its boarding schools By the Qur'an.

Research methods using qualitative approach, with its data collection techniques using triangulation and analysis techniques using Spradley that number of data that has been collected must first reduced and then classified in various domains to gain an overview of the general nature and relatively thorough from a focus that is examined. And interviews done to caregiver cottage i.e. Mother Siti Zulaikhak Alkhafidhoh the result is that the time provided for memorizing the deposit prescribed by reason that the students are trained to be orderly. Because of the time it is selected a loose opportunity of regular activities so that students can be memorized with the deposit. The specified time: ba'dal dawn because the situation of fresh fresh good night's rest, the depleted depleted duhur because completed activities and rest, Cook ba'dal sunset because of the time that an efficacious and while waiting for the 'Isha ' prayer times '.

Activities in PPNQ in addition to memorizing the Qur'an, the students have a variety of activities, including: regular sholawat every Sunday night, *manakib*, qori activity, and various other public recitation. In addition they have academic assignments at each school. Because of the age of students graduates of *Madrasah Tsanawiyah* (MTs) and *Madrasah Aliyah* (MA). But there is students of Syarifatul Atfiyah (the origin of Bojonegoro) that can complete memorizing within 4.5 years. Since the beginning of the Islamic College in the early start memorizing the Holy, so graduation degree also the graduation completing the Qur'an. A achivement that boast because the intelligence of academic (College) the harmonious spiritually with intelligence (Khafidhoh). Although based on

experience time memorizing the Qur'an which required the students between 4-6 years.

The average area of origin of the students is holy, Jepara, Demak, Pati though anyone from outside line (but not much). As a condition for the students memorized the Qur'an was already memorized: the short letters juz 30, Yasin and tahlil, surat Ar Rahman, letter Waqiah, and surat Al-Mulk. After that within one year the student conform to see the achievements of the budheg (Binadhoh), if it is possible to memorize the Qur'an will continue, but if it feels less capable then the students will be budheg ordinary (read the Qur'an and learn Tajwid).

The student PPNQ Alumni usually gather for friendship memorizing every two years i.e. in sha'baan, in unison with the completing of the Qur'an for "rote nglanyahke in front of a general audience) which are normally invited 500 people. However never happened 2 x 1000 guests present who were present when Kyai Sya'roni Ahmadi. So euphoric people are increasingly adding to the blessing of the khafidhoh.

The success of the student interfere the Quran supported religious activities with others, IE: fasting on Mondays-Thursdays, every Monday night reading the Congregation heard the Prophet font with a microphone so that the communities surrounding the PPNQ join the listening the melodious sound of the students (can be perceived as Islamic music intelligence), Wednesday night budheg Takrib book (Fiqh women) along with Amir Ahmad Yusuf Patni, evening prayers conducted independently (but special Ramadan prayers Sunnah do together, each Friday Kliwon during the calling completing Qur'an and continued study, every Friday (expires 06: Fajr 7) reading 3 juz as an attempt to exercise the memorizing the voice heard by people around PPNQ, night Saturday Legi there speed (from East Java), there are Rotib Pahing Saturday night (from starch), Monday night's Wage there every Sunday morning, mujahadah there praying duha along with surrounding communities. Activities to interfere the Quran Recitation and memorization/memory skills, music, sometimes intrapersonal, interpersonal and language. Then the optimization of multiple intelligences can be done with therapy in addition to memorizing the Koran, students get the PPNQ can be actualized wit other compound.

Data obtained after analysis, supported by a description of the theory and background of the problem obtained result is that PPNQ environment very

conducive because there are various activities reading/memorize the Holy Qur'an, the perfect time to deposit rote, graduation/appears when khatam the Qur'an which was attended by the alim-families-communities, opportunities a year to measure the ability of the self/not able to memorize the Quran. It fosters the realization that students has the intelligence of memorizing, realizing the self sometimes intrapersonal ability to memorize or budheg read only, as well as a graduation event which sometimes intrapersonal performing in front of many people. While the obstacles faced there are two: (1) from the internal is the lack of motivation that begins with intention, dividing time between the school and the target of memorizing, divide the time other religious activities (2) of the external is the lack of family support, high social demands to interfere. Then the efforts made is to make a schedule and time of activity, following various religious activities are purely personal and social without disrupting the schedule of the rote and memorizing the deposit, have targets khatam in accordance with ability, and begged blessing the parent also the alim arrive during graduation.

Conclusion

Study conducted throughout the life of the down swing to get into liang lahat with different way for diverse actualized human intelligence to carry out the duties of life as abdillah and the khalifatullah. So the santriwati in PPNQ can be multiple intelligence with optimal therapy. Because a conducive environment of boarding schools so that the time to memorize the average year 4-6 can be done by khafidhoh. While the internal and external obstacles can be overcome with cooperation between caregiver cottage, the santriwati, santriwati, parents and the community around.

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