

EFFECTIVENESS OF ISLAMIC SELF-MANAGEMENT TECHNIQUES TO IMPROVE RELIGIOUS DISCIPLINE IN STUDENTS at MA'HAD ABU UBAIDAH BIN AL-JARRAH

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Abstract: Self-management is a concept of self-management that has its roots in Old French, which in the context of psychology and personal development has a complex and profound meaning. According to Cormier's research, self-management is defined as a systematic strategy for changing behavior that focuses on the internal empowerment of individuals through a directed counseling process. The essence of self-management lies in the ability of individuals to direct changes in their own behavior. These strategies not only provide external guidance, but also empower individuals to make independent and sustainable change. Through this approach, a person can develop introspection, self-awareness, and skills to manage behavior more effectively.

The main goal of the self-management technique is to deal with a variety of behavioral problems, in particular: Behaviors that interfere with oneself and the environment, Unpredictable and difficult to control behavior, Behavioral constructions based on self-evaluation and self-control

The benefits of this approach include: Modifying the physical environment to limit negative behavior, Changing the social environment as a behavioral monitoring system, Limiting space and time for unwanted behavior. In the counseling process, the counselor acts as the initiator of the idea, facilitator, and motivator, while the primary responsibility for change lies with the client. This comprehensive approach integrates cognitive, behavioral, and environmental aspects to create sustainable personal change. Self-management strategies fundamentally emphasize the active participation of individuals in each stage of change and self-development, with the goal of creating conditions conducive to positive behavior.

Keywords: *self-management, behavior change, discipline, self-development, counselling*

Introduction

Worship is the essence of a Muslim's life that reflects obedience to Allah SWT. The consistent and disciplined implementation of worship is not only a religious obligation, but also a means of character building and spiritual integrity. However, in practice, many individuals, especially students, face various obstacles in maintaining worship discipline. Challenges such as academic busyness, environmental influences, and ineffective time management are often the main inhibiting factors. In Ma'had Abu Ubaidah bin Al-Jarrah, the formation of religious discipline is one of the main focuses in the process of education and student development. This Ma'had aims to produce a generation of Muslims who are not only intellectually intelligent, but also spiritually strong. However, reality shows that some students still face obstacles in carrying out worship consistently. This condition raises the need for a systematic and effective approach to improve the discipline of worship. One of the relevant methods to apply is the Islamic self-management technique. This technique integrates modern self-management concepts with Islamic values that emphasize the importance of introspection, self-control, and strengthening spiritual motivation. In an

Islamic perspective, Islamic self-management involves steps such as muhasabah (self-evaluation), sincere intentions, worship planning, and consistent self-supervision.

This approach not only helps students manage their time well, but also strengthens their awareness of the importance of worship as a spiritual need. This study aims to measure the effectiveness of Islamic self-management techniques in improving the discipline of student worship in Ma'had Abu Ubaidah bin Al-Jarrah. The results of this research are expected to make a practical contribution to the development of more effective coaching methods and enrich the study of Islamic psychology in improving the discipline of worship in the younger generation. Discipline in the educational process is very necessary because it is not only to maintain learning conditions or atmospheres so that the teaching and learning process runs smoothly, but also to create a strong personality for every student. Discipline is also one of the important aspects of an individual's life. With discipline, individuals will be able to actualize themselves well. One of the places that can form individuals to behave in a disciplined manner is school.

Literature Review

Self-management is a concept of self-management that has its roots in ancient French, where the term "management" etymologically refers to the art of carrying out and managing a process. In the context of psychology and personal development, this concept has a more complex and profound meaning. According to Cormier's research, self-management can be defined as a very systematic behavior change strategy. The essence of self-management lies in the ability of individuals to direct their own behavior changes through a targeted counseling process. In practice, individuals are empowered to use various techniques or combinations of therapeutic techniques to achieve the desired behavioral transformation. This strategy does not just provide direction from the outside, but focuses more on internal empowerment to make changes independently and sustainably. Through the self-management approach, a person can develop introspection, self-awareness, and behavioral management skills more effectively. This allows the individual to become an agent of change for himself, supported by a variety of appropriate and systematic counseling techniques (Kelas et al., 2021)

The concept of self-management is to help clients in managing themselves. Self-management emphasizes the importance of client responsibility by encouraging rehabilitative experiences to increase responsibility for their environment-related behavior and future plans. Self management is the process of changing several aspects of behavior in a person. This process consists of goal selection, information collection, information processing and evaluation, decision-making, and action. Self management is the procedure for individuals to regulate their own behavior, in other words self management is the ability of individuals to direct changes in their own behavior and individuals are required to manage their potential to regulate their behavior in learning. It is also strengthened in behavior counseling where self management is one of the methods that pursues behavior (human beings) which aims to change maladaptive attitudes to adaptive.

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Method

The approach used in this study is a qualitative approach, and this type of research uses a descriptive qualitative approach. This research method aims to describe the characteristics or phenomena that are studied in depth, broadly, and in detail. This research was carried out by collecting data, classifying it, analyzing it, and making conclusions.

Results and Discussion

A. Definition of Effectiveness of Self-Management Techniques

Effectiveness is the ability to choose the right goal or the right equipment for the achievement of the set goal. This concept has always been related to the fit between the desired outcome and the actual outcome achieved (Mauliddiy, 2021). Self-management techniques are an individual's effort to regulate or manage himself. Nursalim's opinion states that self-management is a counseling process to change one's own behavior using one strategy or a combination of several strategies. The goal of self-management is to control and direct feelings and activities in a beneficial direction, choose to supervise risky behaviors, both in oneself and others, reduce problematic behaviors, and develop more effective behaviors. The self-management strategy also aims to empower individuals to be able to manage themselves when they are in situations that have the potential to inhibit positive behavior, as well as prevent unwanted behaviors or problems from occurring (Inmas Prasetya & Nurjannah, 2021: 66). In counseling, the self-management strategy provides freedom for counselors to be more dynamic in managing their behavior changes. This approach is designed so that the skills acquired during the counseling session remain after the counseling process is completed, so that the changes that occur are durable, consistent, and help the counselor achieve more adaptive behavior (Salsabila et al., 2022). The purpose of self-management is to control, direct, have the option to monitor feelings, and activities to support useful things, to monitor risky behaviors that exist in oneself or others, to reduce problematic behaviors and develop more effective behaviors. Self management strategies also plan to empower people to put themselves in when they feel in circumstances that can hinder their way of behaving, as well as to keep unwanted ways of behaving or problems from happening (Inmas Prasetya & Nurjannah, 2021: 66). The counseling system with a self-management strategy provides freedom for counselors to be more dynamic in coordinating changes in their behavior, this aims to ensure that the abilities in the counseling session can last when the counselor has completed the process of conducting counseling meetings, so that there are lasting and consistent changes so that counselors achieve a normal way of behaving. (Salsabila et al., 2022).

The main goal of self-management is to help the counselor manage himself or herself in situations that can hinder his or her behavior and prevent the emergence of unwanted behaviors or problems. In addition, self-management aims to provide a more active role to counselors during the counseling process. This is achieved when the counselor provides advice on positive behavior, and the counselor implements the advice independently. The skills acquired by counseling through self-management are not only expected to last during the counseling process, but also after the counseling is completed, resulting in more permanent behavioral changes. By implementing the right counseling procedures, positive behavior changes can continue and not be abandoned. Self-management also supports the development of new skills, such as through a fun learning model, so that counsellors can

retain those skills. Finally, counselors are able to regulate behavior, thoughts, and feelings according to their needs, as well as manage activities or behavior patterns that need to be changed for the better independently (Hasanah, 2015)

The influence of cognitive theory on the problem of self-management is caused by the wrong construction or other cognition of cognition about the world or the people around us or ourselves. Problems that can be handled with self-management techniques include:

- a. Behavior that is not related to others but disturbs others and yourself. Behaviors that are not directly related to social interaction but have the potential to disturb the environment and oneself. This includes patterns of personal actions that can negatively impact the social system around them.
- b. Behaviors that often appear without predicting the time of their appearance so that other people's self-control becomes less effective. Categories of behavior that are irregular and difficult to predict, resulting in difficulties in external control. The main characteristic of this behavior is its random and unstructured appearance.
 1. Target behavior is formed verbally and is related to self-evaluation and self-control, the construction of behavior formed through verbal communication, involving the process of personal evaluation and internal control mechanisms. This shows the importance of self-awareness in forming the desired behavior pattern.
 2. The responsibility for changing or maintaining behavior is the responsibility of counseling. The process of behavior change is fundamentally the main responsibility in the counseling framework, with the counselor acting as a facilitator and companion in the personal transformation process (Burnama, 2021)

Stages of Self-Management

According to Prayitno (2004), the stages in group counseling are:

- a. Formation stage
At this stage, group members begin to get to know themselves and understand the purpose of group counseling. This understanding aims to make members want to be actively involved in counseling activities. By understanding the purpose and benefits of group counseling, members will be more interested in following and participating in these activities.
Transitional stage The transitional stage is a bridge between the formation stage and the sealing stage, namely the activity stage. In other words, the transition stage is a stage of affirmation that all group members have understood the goals and procedures for implementing group counseling by using self-management techniques to increase confidence and are ready to carry out the counseling process according to the existing stages
- b. Transitional stage
This stage is the link between the formation stage and the activity stage. At this stage, it is emphasized that all members have understood the purpose and procedures of implementing group counseling. Counseling is carried out with self-management techniques to increase members' confidence, so that they are ready to carry out the counseling process according to the stages that have been set.
- c. Activity Stages
At this stage, the counseling process aims to help members regulate and reinforce their behavior through self-imposed consequences. One of the techniques used is positive reinforcement (self-reward), where members learn to change the environment and initial conditions (antecedent) to direct behavior in the desired direction. (Imran, 2020)

B. Improving Worship Discipline

Increasing comes from the root word "level" which has the meaning of a layered arrangement or indicates the height of a position. With the addition of the suffix me- and the suffix, this word changes to the verb "improve" which means an effort to raise or improve degrees, levels, and other aspects. Meanwhile, "discipline" is formed from the word "discipline" with the addition of suffixes to and suffixes -an. According to the Great Dictionary of the Indonesian Language, discipline has a definition as an attitude of obedience and obedience to applicable rules or regulations.

a. Conceptual definition of discipline

According to Soegeng Prijodarminto, discipline is a condition that is formed through the process of a series of behaviors that reflect:

- Obedience
- Compliance
- Loyalty
- Regularity
- Order

b. Context of Improving Discipline in Research

In the context of this research, "improving discipline" is interpreted as a systematic effort to foster and develop students' obedience and compliance with the rules and regulations that apply in the school environment. There are several important indicators in building and implementing discipline:

- 1) Implementation of Code of Conduct
- 2) Comply with all applicable rules and conditions
- 3) Realize that discipline is a mandatory guideline that must be followed
- 4) Policy Compliance
- 5) Accept and implement various policies that have been set
- 6) Demonstrate a subservient attitude to existing rules

c. Adaptability

- 1) Strive to adapt to the existing educational situation and conditions
- 2) Able to adapt to the environment and educational demands(Ummah, 2019)

According to Sedyawati's perspective, discipline is an individual's internal quality that reflects a deep awareness of the importance of complying with applicable norms and rules. This is not just external compliance, but an inner attitude that is consistently and continuously internalized, with an orientation towards achieving certain goals. In the context of Islam, discipline is understood as a spiritual manifestation rooted in the principle of monotheism. Obedience to Allah and His Messenger is not a burden or coercion, but a form of spiritual awareness and deep sincerity. Discipline in the Islamic perspective is an expression of moral responsibility that grows from conscience, not just obedience based on coercion. Discipline in this view is a proactive attitude born from a deep awareness of spiritual and social values, which requires individuals to always be consistent in carrying out their commitments and responsibilities.(Rahmah & Tidjani, 2022). In the Great Dictionary of Indonesian, the concept of discipline has multiple interpretations, including:

- a. Discipline systems in various institutions such as schools or the military
- b. Compliance with applicable norms and rules
- c. Systematic framework in the academic field with a specific method

Discipline is essentially an internal awareness to carry out tasks in a structured, orderly, and responsible manner without external intervention or coercion. In the context of education, discipline does not just encourage mechanical compliance, but forms positive character

through the internalization of moral values. The purpose of discipline formation is more comprehensive than just formal compliance. It aims to develop constructive behavior, guiding individuals to understand and live social norms in a natural and meaningful way. Philosophically, discipline is an adaptive mechanism designed to help individuals interact in harmony with their environment. It grows out of a dynamic balance between personal desires and social demands, creating a space where individual needs can be met while still paying attention to existing normative boundaries. Discipline is thus not just a restriction, but a fundamental instrument in the development of individual capacities to interact constructively and dignified in a complex social system.(Harvest, 2024)

Conclusion:

Improving discipline is essentially a systematic process to develop individual awareness of the importance of obeying rules, creating order, and supporting the creation of a conducive environment in the context of education. Self Management is a systematic approach in counseling that aims to empower individuals to direct behavior changes independently. This concept focuses on developing introspective abilities, self-awareness, and skills to regulate behavior effectively. The main goal of self-management is to help individuals manage themselves, prevent unwanted behavior, and provide an active role during the counseling process. This approach is designed to produce permanent and sustainable behavior change, by building the individual's ability to control and direct himself.

The self-management process is carried out through three main stages:

1. Formation Stage, where individuals begin to know themselves and understand the purpose of counseling
2. Transitional Stage, which confirms understanding of counseling procedures
3. Activity Stage, focuses on regulating and reinforcing behavior through self-defined consequences

In the context of improving discipline, self-management is a systematic process to foster obedience, compliance, and awareness of the importance of obeying the rules. This approach encourages individuals to create a conducive environment through adaptability and self-adaptation to various situations. The essence of self-management lies in empowering individuals to become agents of change for themselves. Through mindfulness and intrinsic ability, individuals can develop more adaptive, positive, and constructive behaviors. This approach is not just about providing external direction, but rather building internal strength for continuous personal transformation. Thus, self-management is not just a counseling technique, but a philosophy of self-empowerment that allows each individual to actively and independently direct his or her personal growth and development towards a better version of himself.

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