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Effectiveness of the Habit of Shalat Dhuha Prayer in Improving Remaining Religious Character at Muhammadiyah 4 Kebomas Junior High School

Hanifah Nisaurrohmah¹, Noor Amirudin^{2*}

Universitas Muhammadiyah Gresik^{1,*2} ¹email: <u>hanifahnisaurrohmah@gmail.com</u> ^{*2}email: <u>amir@umg.ac.id</u>

Abstract

The practice of Dhuha prayer in schools is an effort to shape students' good character. However, it is questionable whether this practice will truly impact students. Therefore, this research, conducted at SMP Muhammadiyah 4 Kebomas, aims to determine and analyze: (a) How Dhuha prayer is implemented at SMP Muhammadiyah 4 Kebomas (b) Whether students at SMP Muhammadiyah 4 Kebomas understand the essence of Dhuha prayer (c) The extent of the influence of Dhuha prayer practice in shaping the religious character of students at SMP Muhammadiyah 4 Kebomas. The approach used in this research is quantitative, with the aid of SPSS 22 software. The research findings indicate that the practice of Dhuha prayer has a relationship in enhancing the religious character of students at SMP Muhammadiyah 4 Kebomas, with a Pearson Correlation of (0.547) > r table (0.413). This represents a 30% success rate, meaning the remaining 70% is influenced by other factors. Therefore, the more frequent the practice of Dhuha prayer, the better the students' religious character. However, to shape character optimally, support from various parties, especially parents and the community, is needed. This Study proves that there is a positive influence of habit of dhuha prayer on students' religious character. Further research also needs to examine other factors that influence the effectiveness of the habit of dhuha prayer in improving students' religious character.

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Abstrak

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Vol. 16, No. 2 (December 2024)

Kegiatan pembiasaan Shalat Dhuha di sekolah merupakan upaya dalam membentuk karakter siswa yang baik. Namun apakah dengan pembiasaan shalat dhuha akan benar berdampak pada siswa. Maka penelitian ini yang dilakukan di SMP Muhammadiyah 4 Kebomas bertujuan mengetahui dan menganalisis (a) Bagaimana pelaksanaan shalat dhuha di SMP Muhammadiyah 4 Kebomas (b) Apakah siswa di SMP Muhammadiyah 4 Kebomas memahami baik esensi shalat dhuha. (c) Seberapa besar pengaruh pembiasaan shalat dhuha dalam membentuk karakter religius siswa di SMP Muhammadiyah 4 Kebomas. Pendekatan yang digunakan dalam penelitian ini adalah kuantitatif dengan bantuan program SPSS 22. Dari hasil penelitian menemukan bahwa pembiasaan shalat dhuha memiliki hubungan dalam meningkatkan karakter religiusitas siswa SMP Muhammadiyah 4 Kebomas dengan Pearson Correlation (0,547) > r tabel (0,413). Dengan presentase keberhasilan 30% yang berarti sisanya yakni 70% dipengaruhi oleh faktor yang lain. Sehingga semakin tinggi pembiasaan shalat dhuha, semakin baik pula karakter religius siswa. Namun dalam membentuk karakter yang maksimal perlu dukungan dari banyak pihak terutama orangtua dan lingkungan masyarakat. Penelitian ini membuktikan bahwa terdapat pengaruh positif pembiasaan shalat dhuha terhadap karakter religius siswa. Penelitian selanjutnya perlu juga meneliti factorfaktor lain yang mempengaruhi efektifitas pembiasaan shalat dhuha dalam meningkatkan karakter religius siswa.

Kata Kunci: Shalat Dhuha, Karakter Religius Siswa

A. Introduction

Shalat Dhuha is one of the Sunnah prayers which has many virtues. Therefore, Rasulullah SAW taught not only to perform obligatory prayers, but also sunnah prayers, including the Dhuha prayer. Dhuha prayer has great potential in forming students' religious character. Diligence in performing Duha prayers can foster discipline, obedience and gratitude in students.

Rasulullah SAW advised Abu Hurairah and Abu Darda' to always perform the Dhuha prayer. Narrated by Bukhori and Muslim, no. 1178 and no. 721. From Abu Hurairah r.a. He says:

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Vol. 16, No. 2 (December 2024)

أَوْصَانِي خَلِيلِي بِثَلَاثٍ لَا أَدَعُهُنَّ حَتَّى أَمُوتَ : صَوْمٍ ثَلاثَةِ أَيَّامٍ مِنْ كُلِّ شَهْرٍ ، وَصَلاةِ الضُّحَى ، وَنَوْمٍ عَلَى وِتْرٍ

"My beloved (*Rasulullah sallallahu alaihi wa sallam*) left me three things that I must not leave behind until my death; Fasting three days a month, praying Dhuha and sleeping while having completed the Witr prayer.(Al Mahfani, 2008)

The Shalat Dhuha is performed at the time when the sun has risen from the eastern horizon, the name is taken from that time. Al-Mubarakfuri Rahimullah said that what is meant by prayer at the beginning of the afternoon is the Dhuha prayer.(Aristita Ningrum, 2021) Precisely from 7 am to 11 pm, which is the time in the morning before noon.

Meanwhile, according to the opinion of Shaykh Muhammad bin Sholih Al Utsaimin in Syarh Al Arba'in An Nawaiyah, the dhuha prayer can be performed at least 2 rakaats and so on with an even number of rakats.(Tuasikal, 2011)

Also included in Muslim History Hadith no. 748: مُعَاذَةُ أَنَّهَا سَنَأَلَتْ عَائِشَةَ - رضى الله عنها -كَمْ كَانَ رَسُولُ اللَّهِ حصلى الله عليه وسلم-يُصَلِّى صَلاَةَ الضُّحَى قَالَتْ أَرْبَعَ رَكَعَاتٍ وَيَزِيدُ مَا شَاءَ.

Mu'adzah once asked 'Aisyah radhiyallahu 'anha - how many rak'ahs of the Dhuha prayer were performed by Rasulullah sallallaahu 'alaihi wa sallam? 'Aishah answered, "Four rak'ahs and he added as he pleased."

Shalat Dhuha also has many advantages, including: 1) Worship which is worth alms (HR. Muslim and Abu Dzar), 2) As a reserve of charity that completes our obligatory prayers on the day of reckoning (HR. Ash-Habus Sunan from Abu Hurairah RA), 3) Obtaining ghanimah or large profits (HR. Thabrani and Abu Darda'), 4) Having the necessities of life fulfilled (HR. Tirmidhi), 5) Receiving rewards such as reward for Hajj and Umrah (HR. Tirmidhi), 6) All his sins will be forgiven (HR. Tirmidhi, Ibnu Majah and Ahmad), 7) A palace will be built for him in Heaven (HR. Tirmidhi and Ibnu Majah)(Zainal Alim, 2008)

Several studies show that the benefits of *Shalat Dhuha* for students include, students can feel better, feel calmer, and have a clearer mind. Also, the benefits of *Shalat Duha* in building students' enthusiasm for learning can be shown from better behavior, such as: being more active in carrying out *Shalat Dhuha* and other activities, being disciplined in daily activities, in learning activities, sports, extracurricular activities, etc.(Soleh, 2013)

It is hoped that the habit of performing Shalat Dhuha at school can improve students' religious character. Character itself is a person's personality, characteristics and traits. According to (Musrifah, 2016) A person's character is influenced by the environment in which he is born and develops, such as family and school. Because nowadays school is a place where children spend half their day, so school has a big influence on the development of children's character.

Therefore, one of the goals of education in Indonesia is character formation. As stated in the National Education System Law Article 1 of 2003, among the goals of national education is to develop the potential of students to have intelligence, personality and noble morals. (Bafirman, 2016)

Religiousness itself is a religious characteristic, a person's characteristic that is related to divinity. (Mustari, 2014) The benchmark for a student's religious character can be seen from the student's understanding and practice of religious teachings in their daily lives, obedience in carrying out their religious teachings, and having a tolerant attitude towards others.(Siregar et al., 2022)

Through habitual patterns of worship, students will automatically develop good habits and develop discipline in worship. Self-discipline is fostered through the development of habits, and children are able to regulate themselves through the experience gained from congregational prayer activities time.(Srifariyati on & Dulmanap, 2021)

Therefore, the practice of Shalat Dhuha in schools is an effort to shape good student character. This makes Shalat Dhuha highly recommended at Muhammadiyah 4 Kebomas Junior High School, this activity is carried out before class starts. However, will getting used to Duha prayer really have an impact on students? And do students really understand the essence of Shalat Duha?.

So researchers are interested in studying more deeply the practice of Duha prayer at Muhammadiyah 4 Kebomas Junior High School for the 2023/2024 academic year. The aim of this research is to find out (a) How the dhuha prayer is carried out at Muhammadiyah 4 Kebomas Junior High School for the 2023/2024 academic year (b) Do the students of Muhammadiyah 4 Kebomas Junior High School for the 2023/2024 academic year understand well the essence of the dhuha prayer. (c) How big is the practice of dhuha prayer in forming the religious character of students at Muhammadiyah 4 Kebomas Junior High School for the 2023/2024 academic year.

B. Research Methods

1. Type of Research

This type of research is quantitative. This is a research method that focuses on numerical data or numbers, which are then analyzed or processed using descriptive statistical methods (Abdullah, 2021). In this case, researchers used the SPSS (Statistical Products and Services Solutions) program with the aim of getting maximum data processing results.

Quantitative research is research based on the philosophy of positivism. Because every data taken is realistic and measured using valid and reliable methods, through objective observation and measurement. Objects or targets in research can be taken partially (sample) from the entire object or entirely (population).(Sutisna, 2020)

2. Research Subjects

This research uses a limited population. And the population/target in this research were students of Muhammadiyah 4 Kebomas Middle School. totaling 25 respondents. According to Suharsimi, when taking respondents, it can be seen from the existing population, if there are more than 100 respondents then 10-15% or 20-25% can be taken, if there are less than 100 respondents then it is better to take all of them for more valid results (Endrianingsi, 2021).

3. Data Collection Procedures

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In the data collection process, researchers used questionnaire tools with the aim of obtaining primary, correct and accurate data. Primary data, as explained by Sugiyono, refers to data collected directly from survey respondents. (Ernanda, 2017) namely the original data from the questionnaire results filled in by the respondent. In distributing questionnaires, researchers distribute them online or electronically via Google Form media.

4. Data analysis process

In testing the correlation between the two variables, researchers used the Pearson Test. This is done to determine the degree of closeness of the relationship between two variables, in the form of an interval or ratio scale. Which will later return the correlation coefficient value in the form of a value between -1 (perfect negative), 0 (no correlation) and 1 (perfect positive correlation).(Anwar, n.d.)

Before conducting research, researchers create a research instrument grid. Which aims to determine the context of the question from the two variables. This grid will become a benchmark in creating questions to be asked of research subjects.

No	Variable	Dimension	Indicator	stion
		Spiritual	1. Get used to Shalat 5	3, 4,
	X	Understanding the meaning and laws of Dhuha Prayer	DhuhaS1.Understand the meaning of the Shalat Dhuha6, 7,2.Understand the law of Shalat Dhuha6, 7,	8
1.	Variable Shalat Dhuha	Understanding the procedures and times for Shalat Dhuha	1. Know the Shalat Dhuha times 2. Know the procedures for Shalat Duha	, 11
		The Virtue of Shalat Dhuha	1.Know the priority of12, 1Shalat14Duha	3,
2.	Y variable Religious Character	Morals towards parents	 Respect parents Say polite things to your parents Be devoted to parents Behave affectionat ely towards parents 	
		Morals towards teachers	1. Respect teachers 2. Be obedient and obedient to 19, 2 the teacher 3. Behave affectionat ely towards teachers	0,
		Morals towards friends	1.Mutual respect and respect for friends22, 2 242.Be fair and wise to friends24	3,

Table 1. Research Instrument Grid

No.

No Variable Dimension Indicator

3. Behave affectionat

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Vol. 16, No. 2 (December 2024)

	ely towards	
	friends	

The research instrument functions as a reference in the research process. So that the questions that will be asked get results that are in accordance with the problems that will be explored in this research. The research questionnaire used by researchers consists of 24 statements with four answer choices, namely "SS" (strongly agree), "S" (agree), "TS" (disagree), and "STS" (strongly disagree).

C. Results and Discussion

The next step after conducting research is to present and process the data obtained at Muhammadiyah 4 Kebomas Junior High School. This is obtained by filling out a questionnaire containing a description of Shalat Dhuha habits and indicators of religious character. Below are the results of survey respondent data regarding Shalat Dhuha habits:

Table 2. Questionnaire Completion Results

NO	PERTANYAAN	JAWABAN			
		ST	S	TS	STS
1.	I perform Duha prayers every day even outside school	12	12	1	0
2.	I perform Duha prayers not only at school	12	12	1	0

3.	I perform the Duha prayer of my own accord	11	12	2	0
4.	I perform Duha prayers sincerely, not only according to	10	11	3	1
5.	school regulations I like doing the Duha prayer	12	12	1	0
	together at school I understand the meaning				
6.	contained in the dhuha prayer	4	19	2	0
7.	I am orderly in performing Duha prayers alone and together	8	14	3	0
8.	My heart feels peaceful after performing the Duha prayer	11	13	1	0
9.	I read the prayer readings in every movement	17	7	1	0
10.	I read the dhuha prayer after performing the dhuha prayer	10	14	1	0
11.	I perform the dhuha prayer according to the time it is performed	8	16	1	0
12.	I know the virtues contained in the dhuha prayer	9	14	2	0
13.	I am grateful for the blessings that Allah has given me	18	6	1	0
14.	After performing the dhuha prayer, I feel that it is easier when studying or taking exams	12	12	1	0
15.	I never argue when my parents give me advice	6	17	2	0
16.	I never yell at my parents	8	14	3	0
17.	I help my parents with work at home	8	16	1	0
18.	I love both my parents	19	5	1	0
19.	I speak kind words when talking to teachers	10	14	1	0
20.	I am obedient and obedient to the teacher's good orders	9	15	1	0
21.	I greet the teacher when I meet him	9	14	2	0
22.	I am friends with anyone and do not discriminate between friends	9	15	1	0
23.	I help friends when they are in trouble	10	14	1	0
24.	I work well together when given group assignments	9	12	3	0

After obtaining the data above, several tests need to be carried out to measure and analyze the results of this research.

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In this case the researcher used several tests, namely, validity test, reliability test, correlation test, measuring degrees of freedom, and determination test.

1. Validity Test

This validity test is carried out on questions that represent variables X and Y. To measure how valid the data obtained from filling in the questionnaire is.

NO						
NO	No Item	r xy	r tabel	Keterangan		
1	X1	0,636	0,396	Valid		
2	X2	0,636	0,396	Valid		
3	X3	0,682	0,396	Valid		
4	X4	0,468	0,396	Valid		
5	X5	0,636	0,396	Valid		
6	X6	0,561	0,396	Valid		
7	X7	0,523	0,396	Valid		
8	X8	0,755	0,396	Valid		
9	X9	0,731	0,396	Valid		
10	X10	0,593	0,396	Valid		
11	X11	0,660	0,396	Valid		
12	X12	0,619	0,396	Valid		
13	X13	0,804	0,396	Valid		
14	X14	0,605	0,396	Valid		
15	Y1	0,592	0,396	Valid		
16	Y2	0,530	0,396	Valid		
17	Y3	0,545	0,396	Valid		
18	Y4	0,788	0,396	Valid		
19	Y5	0,757	0,396	Valid		
20	Y6	0,692	0,396	Valid		
21	Y7	0,806	0,396	Valid		

Tabel 3. Hasil uji validitas

22	Y8	0,787	0,396	Valid
23	Y9	0,788	0,396	Valid
24	Y10	0,678	0,396	Valid

From the validity test table, the r table value with N=25 is 0.396 with a significance of 5%. Then the r xy value resulting from items X1 - Y10 is greater than 0.396. So it can be concluded that all questions from the Duha prayer variable (x) and religious character (y) which are represented in numbers 1-24 are valid.

Table 4. Number of respondents

		N	%
Cases	Valid	25	100.0
	Excluded ^a	0	.0
	Total	25	100.0

a. Listwise deletion based on all variables in the procedure.

The table above provides information regarding the number of samples/respondents in column "N", namely 25 respondents. With a valid score of 100% because there is no blank data or all questions are filled in by the respondent.

2. Reliability Test

Table 5. Total statistical items

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Vol. 16, No. 2 (December 2024)

	Scale Mean if	Scale Variance	Corrected	Cronbach's Alpha if
	Item	if Item	Item-Total	Item
	Deleted	Deleted	Correlation	Deleted
X1	76.32	81.810	.596	.937
X2	76.32	81.810	.596	.937
X3	76.36	80.573	.643	.937
X4	77.40	80.667	.380	.944
X5	76.32	81.810	.596	.937
X6	76.68	83.477	.524	.938
X7	76.56	82.507	.470	.939
X8	76.28	80.460	.726	.936
X9	76.12	80.943	.701	.936
X10	76.40	82.417	.552	.938
X11	76.48	82.010	.626	.937
X12	76.48	81.677	.576	.938
X13	76.08	80.327	.782	.935
X14	76.32	82.143	.564	.938
Y1	76.60	82.583	.551	.938
Y2	76.56	82.423	.478	.939
Y3	76.48	83.177	.503	.939
Y4	76.04	80.707	.765	.935
Y5	76.40	80.667	.729	.936
Y6	76.44	81.507	.659	.937
Y7	76.48	79.510	.781	.935
Y8	76.44	80.507	.763	.935
Y9	76.40	80.333	.764	.935
Y10	76.52	80.427	.637	.937

The output table results provide an overview of the statistical values for the 24 question items. In table 0.6, the Cronbach's Alpha column shows that the value for the 24 question items is > 0.60, so it can be interpreted that the 24 questionnaire questions are reliable.

 Table 6. Reliability test results

Cronbach's Alpha	N of Items
.940	24

From the results of the reliability test above, there are 24 N items (number of items or questionnaire questions) with a Cronbach alpha value of 0.940, which means the Cronbach's alpha value is 0.940 > 0.60.

So it can be concluded that 24 or all of the variable questions "Effectiveness of the Habit of Dhuha Prayer in Improving the Religious Character of Muhammadiyah 4 Kebomas Junior High School Students" in the questionnaire are reliable or consistent.

The basis for decision making in reliability testing is as follows:

- The questionnaire is declared reliable if the Cronbach's Alpha value > r table value. (Kurnia, 2019)
- The questionnaire is declared unreliable if the Cronbach's Alpha value < the r table value. (Kurnia, 2019)

So from the results of Reliability Statistics, it is known that the Cronbach's Alpha value is 0.940. Then compare it with the r table value with the value N=24, which is looked for in the distribution of the table r values at 5% significance. So the r table value is 0.404. This means that the questionnaire is declared reliable because 0.940 > 0.404.

3. Correlation Test

Correlations					
		X1	Y1		
X1	Pearson Correlation	1	.547**		
	Sig. (1-tailed)		.002		
	Ν	25	25		
Y1	Pearson Correlation	.547**	1		
	Sig. (1-tailed)	.002			
	Ν	25	25		

**. Correlation is significant at the 0.01 level (1-tailed).

If the correlation number is > 0.5- 0.75, it means there is a strong correlation between variables. And if the Sig value <0.05 then there is a significant influence between the two variables.(Nasem et al., 2018; Populix, 2022) So from the results of the research data processing above, it is clear that the relationship between the two variables, namely the variable "Familiarity with Shalat Dhuha" and "Students' Religious Character" has a strong relationship with a value of 0.547. Then, the Sig value obtained is 0.002 < 0.05, which means there is a correlation or relationship between Dhuha Prayer in improving students' religious character.

4. Test the degree of validity

To test whether the relationship between the two variables is accepted or rejected, it must be compared with the r table value, by first determining the degree of freedom (df) or degrees of freedom, with the following formula :

df = N - 2= 25 - 2= 23

With df of 23, and r table at the 5% level of 0.413. So it is stated that Pearson Correlation (0.547) > r table (0.413)which states that there is a relationship between variables X and Y.

5. Determination Test

Next, to find out how big the percentage relationship is between variables X and Y, you can use the coefficient of determination method. That is the squared result of a simple coefficient, in the formula :

KD = rxy²(*Pearson Correlation*) x 100%

$$= (0,547)^2 \times 100\%$$

= 0,299 x 100%
= 0,300 x 100%

From these calculations it is known that the relationship between the habit of Duha prayer and the character of students' religiosity is 30%, which means that the remaining 70% is influenced by other factors.

Discussion

a) Implementation of Shalat Dhuha at Muhammadiyah 4 Kebomas Junior High School

At Muhammadiyah 4 Kebomas Junior High School, the Dhuha prayer practice is carried out at an early hour before learning starts, to be precise at 07.00-07.45 WIB. Every student is required to take part in this habituation, which is carried out at the school mosque. After the students performed their independent prayers, the students did not immediately leave the mosque. However, the teacher is in charge of guiding them to pray and recite the Koran together.

This is also done as an effort to shape the religious character of students. Not only praying and reciting the Koran, there is also additional English learning called "CLM" (Central Language Movement). After the activity was completed the students returned to their respective classes to begin lessons.

b) Students' understanding of the essence of the Shalat Dhuha

Shalat Dhuha has many benefits and virtues. So by getting used to the Duha prayer, it is hoped that students will not only do the Duha prayer, but also understand and comprehend the essence and benefits of the Duha prayer. The results of the completed questionnaire show that 60% of students understand the meaning of the Dhuha 30% of students prayer, really understand it and the rest do not know the meaning of the Shalat Dhuha.

In another question, they admitted that they were always orderly in performing Shalat Dhuha. According to (Anshari, 1983) Order is a result of good understanding. When someone knows the cause and effect of something, someone will be wiser in doing it. Students also feel calm and peaceful when performing Duha prayers. This feeling of peace cannot be obtained if you do not understand the meaning of the Shalat Dhuha itself.

By understanding the benefits of Shalat Dhuha and performing it continuously at school, students will feel like and get used to performing Shalat Dhuha in their daily lives. Because in the research that has been carried out, the formation of attitude an can automatically occur from repeated learning or habituation (Jasmana, 2021). So that the goal of educating students who have a disciplined and religious character is achieved.

c) The Effect of Shalat Dhuha in Improving Students' Religious Character

From the results of statistical tests, the correlation value obtained from the two variables is 0.572, where this value is more than the minimum standard value set. This means that the of Shalat Duha practice at Muhammadiyah 4 Kebomas Junior High School has a strong correlation in shaping the religious character of its students. This research shows that the religious character of Muhammadiyah 4 Kebomas Junior High School students can be improved by getting used to the Shalat Dhuha.

In research conducted by Indah Suci Safitri at the Aatas Negri 2 Bogor Middle School, there was also a significant positive relationship between the habit of performing dhuha prayers and students' morals. With a correlation value of 0.667.(Safitri, 2019) And research on the influence of the habit of Duha prayer on student character carried out at the South Abung 1 State Vocational School showed a correlation result of 0.509, which means it also has a significant correlation.(Hidayah, 2024)

Then, from the results of the coefficient of determination test, it was found that the relationship between the habit of Duha prayer and student character was 30%. This means that the other 70% is influenced by many factors that students get from outside the school In environment. other research conducted by Indah Suci, the results were not much different, namely getting a coefficient value of 44.5%(Safitri, 2019).

From a series of analyzes carried out, it was found that the dhuha prayer had a relationship in improving the religious character of students at Muhammadiyah 4 Kebomas Junior High

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School. The higher the habit of Duha prayer, the better the student's religious character. However, in forming maximum character, support is needed from many parties, especially parents and the community (Prasanti & Fitriani, 2018).

Because it cannot be denied that a child's life, not only at school, also influences the nature and character of the child himself. In the Hero University Journal, it is stated that there are 7 factors that influence the formation of students' religious character, namely 1) School Factors, 2) Family Factors, 3) Community Education Factors, 4) Heredity Factors, 5) Mass Media Factors, 6) Conscience Factors, and 7) Habit Factors.(Putri Nandini, et al., 2022)

The results of this research can help schools in developing character development activities at school, especially such as the Dhuha prayer. And can improve the quality of education at the school.

Even though this research shows that getting used to Duha prayers can increase students' religious character, this research certainly has limitations. This research only involved female students at Muhammadiyah 4 Kebomas Junior High School, so the results of this research cannot be generalized to all educational institutions.

This research also only measures the effectiveness of the habit of Duha prayer in improving students' religious character, it does not discuss other factors that could influence students' character, such as family, school and community environmental factors. Future researchers can also examine factors that can influence the formation of students' personal character.

D. Conclusion

Based on the results of the research that has been carried out and the discussion that has been presented, the conclusion of this research is that there is a positive relationship between the habit of Duha prayer and increasing the religious character of students at Muhammadiyah 4 Kebomas Junior High School. With a strong correlation, namely with a value of 0.547 which is located between 0.5-0.75. The relationship obtained is 30% and the

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Vol. 16, No. 2 (December 2024)

remaining 70% is influenced by other factors.

Based on the results of the data analysis, the researcher recommends increasing the habit of Duha prayer to improve the religious character of students. Also focuses on other factors that can influence the formation of student character. Because in this research we managed to find that there is a correlation between the habit of Duha prayer and the formation of students' religious character.

The conclusions in this research can be used as a reference in decision making, the recommendations from this research can be used by related parties in designing policies based on valid data. It can also be used by future researchers in further new research.

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Vol. 16, No. 2 (December 2024)

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Vol. 16, No. 2 (December 2024)

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