

THE MEANING OF LEARNING PSYCHOLOGY ISLAMIC EDUCATION

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Abstract

Humans have a wide variety of inner needs and birth, but limited human needs as those needs are also required by other humans. Since man always needs a lifeline is called religion because people feel that there is a feeling in his soul which recognizes the Almighty where they take refuge and begged for help. So that the human balance based on religious beliefs. The attitude of adults in religion is very prominent if the need for religious ingrained in him. The stability of a person's life in religion and religious behavior person is not a static stability. The change was due to the consideration of the mind, knowledge, and perhaps because of the existing conditions. Religious behavior of adults have a wide perspective is based on the values chosen.

Key Words: Psychology, Learning

A. Introduction

Humans have a variety of inner and outer needs, but human needs are limited because these needs are also needed by other humans. Because humans always need a guide to life called religion because humans feel that in their souls there is a feeling that acknowledges the existence of the Almighty where they take refuge and ask for help. So that human balance is based on religious belief. The attitude of adults in religion is very prominent if the need for religion is embedded in them. The stability of one's life in religion and one's religious behavior is not a static stability. The change occurs because of the process of considering thoughts, knowledge possessed and maybe because of existing conditions. Adult religious behavior has a broad perspective based on the values they choose.

B. Discussion

1. Understanding Psychology and its brief history

Linguistically, the word psychology comes from English *psychology*. This word was adopted from the Greek language which is rooted from two words, namely *psyche* which means soul or spirit, and *logos* which means knowledge. So literally psychology can be interpreted as the science of the soul or the study of psychiatric symptoms.

Some experts give opinions about the meaning of psychology. RS. Woodworth said "Psychology can be defined as the science of the activities of the individual". Ngalm Purwanto stated that psychology is the study of human behavior. Behavior here includes all visible and invisible activities, which are carried out consciously or unconsciously. While Sarwono defines psychology in three definitions. First, psychology is the study of human and animal behavior. Second, psychology is the study of human nature. Third, psychology is the study of the response given by living things to their environment.

From some of the definitions above, it can be concluded that psychology is a science that studies individual behavior in interaction with their environment.

Basically, psychology touches many areas of the organism's self-life, both human and animal. Psychology deals

with the investigation of how and why organisms do or do things. But more specifically, psychology is more related to the life of the human organism. In this connection, psychology is defined as the science that seeks to understand human behavior, the reasons for and the way they do things, and also to understand how humans think and feel.

Initially psychology was used by scientists and philosophers to meet their needs in understanding the mind and behavior of various living things. Before becoming an autonomous discipline, psychology was included in the discussion of philosophy. But then psychology broke away from philosophy and became an autonomous discipline in 1879 when William Wundt (1832-1920) founded a psychology laboratory in Germany.

As an independent discipline, psychology has been widely used and implemented in various fields of life, such as education, teaching, economics, trade, industry, law, politics, military, social, leadership, training and religion. The use and implementation of the disciplines of psychology in the areas of life above, then emerge various branches of psychology that examine human behavior in more specific situations, both for theoretical and practical purposes. One branch of psychology that examines an object in particular is learning psychology.

2. Learning Concept

In the Big Indonesian Dictionary (KBBI), etymologically learning means "trying to gain intelligence or practice, changing behavior or responses caused by experience". This definition has the understanding that learning is an activity to achieve intelligence or knowledge.

Learning is a process of changing human behavior based on experience and practice, from not knowing to knowing, from a little experience then increasing.

Hilgard as quoted by Wina Sanjaya wrote that "*Learning is the process by which an activity originates or changed through training producers (wether in the laboratory or in the natural environment)*". For Hilgard, learning is a process of changing student behavior through activities in the form of training both in the laboratory and in a natural

environment. This means that regardless of the source of the change, as long as it is through training or experience, it can be said as a learning activity, and what is important for the process of changing behavior is that it is caused as a result of interaction with the surrounding environment.

Surya stated that learning is a process carried out by individuals to obtain a change in overall behavior, as a result of the individual's own experience in interacting with his environment.

Relevant to Surya, Slameto and Ali stated that learning is an effort made by individuals to obtain a new behavior change as a whole, as a result of the individual's own experience in interaction with his environment.

Learning itself is an effort to teach or an effort to direct student activities towards learning activities. The learning process contains two activities at once, namely teaching activities (teachers) and learning activities (students). The learning process is a process of interaction, namely between teachers and students and between students and students. The learning process is a psychological situation, where many psychological aspects are found in the ongoing learning process. Therefore, teachers are required to have an understanding of psychology in order to solve various psychological problems that arise in the learning process.

Understanding Learning according to CT Morgan in the book *Introduction To Psychology*, Learning is a relatively permanent change in behavior as a result / result of past experiences. In short, he said that learning is any relatively permanent change in behavior that occurs as a result of practice or experience. Students experience a learning process.

In the learning process, students use their mental abilities to study learning materials. Cognitive, affective and psychomotor abilities that are taught with learning materials become more detailed and strengthened. The existence of information about learning objectives, reinforcements, evaluations and learning success, causes students to be more aware of their abilities.

Learning is a relatively permanent change in behavior as practice and experience. It can also be said that learning is a

process of adaptation that takes place progressively. There are many activities that almost everyone can agree on as an act of learning, for example getting a new vocabulary of words, memorizing poetry, memorizing songs, and so on. Learning as a process or activity is required by many things or factors. The factors that influence learning are many kinds.

3. Factors Affecting Learning

Factors Affecting Learning Globally, the factors that influence student learning can be divided into two types, namely:

1) Internal factors (factors from within students) Internal factors include two aspects, namely: a. Physiological Aspect

General physical condition and tone (muscle tension) which marks the level of fitness of the body's organs and joints, can affect the enthusiasm and intensity of students in participating in lessons. The condition of weak organs can reduce the quality of the creative (cognitive) realm so that the material studied is lacking or has no trace. To maintain physical tone in order to stay fit, students are strongly encouraged to consume nutritious food and drinks, choose a pattern of rest and light exercise on a regular and continuous basis.

The condition of the special organs of students, such as the health level of the senses of hearing and the senses of sight, greatly affects the ability of students to absorb information and knowledge. If students' hearing and vision power are low, it will be difficult for the sensory register to absorb information items that are echoic and iconic (echoes and images). It will result in the inhibition of information processing carried out by the student's memory system.

To overcome the emergence of eye and ear problems, it is better to work together with the school to obtain assistance for routine (periodic) examinations from the local health offices. Another tip that is no less important is to place them in the front row wisely. There is no need to show attitudes and reasons why they are placed in front of the class. This wise step needs to be taken to maintain the self-esteem and self-confidence of these students. The decline in *self-esteem* and *self-confidence* of a student will cause frustration.

b. Psychological Aspect

All psychological conditions and functions of course affect the psychological learning process as well. Some of the main psychological factors, which can affect the process and learning outcomes, are:

1) Intelligence

Intelligence in general can be interpreted as a psychophysical ability to react to stimuli or adjust to the environment in an appropriate way (Reber, 1988). So, intelligence is not only a question of the quality of the brain, but also the quality of other organs of the body, because the brain is a "control tower" for almost all activities. The level of intelligence (IQ) of students cannot be doubted, greatly determines the level of student learning success.

Intelligence is the most important psychological factor in the student learning process, because it determines the quality of student learning. The higher the level of intelligence of an individual, the greater the opportunity for the individual to achieve success in learning. Conversely, the lower the individual's intelligence level, the more difficult it is for the individual to achieve learning success. Therefore, learning guidance is needed from other people, such as teachers, parents and so on.

2) Student Attitude

Attitude is an internal symptom with an affective dimension in the form of a tendency to react or respond (response tendency) in a relatively fixed way towards objects, goods, and so on, both positively and negatively. The positive attitude of students, especially to the teacher and the subjects he brings, is a good start for the student's learning process.

3) Talent

Almost no one argues that studying in a field that matches your talents will increase your chances of success in the business. However, there are many things that always get in the way of creating the conditions that everyone wants. In the school environment (junior high school, high school) not all schools provide free choice lessons, which are in accordance with the talents of children. It is recognized that

talent measuring tools that are truly reliable until now are still rare. It is easy to find that students who excel in a particular field need special attention, because there is a possibility that the child has talent in that field.

4) Interest

If someone learns something with great interest, it can be expected that the results will be better, otherwise if someone is not interested in learning something, do not expect that he will succeed well in learning it. Because the problem that usually arises is how to make the desired thing as a learning experience interesting for students or how to determine so that students can learn according to their interests.

5) Motivation

Motivation to learn means how a person starts to learn. Because learning is a must. The desire to live as a human must do learning. Learning occurs because a need arises. This need is what drives a person to learn. Motivation can be divided into two types, namely: intrinsic motivation and extrinsic motivation. Intrinsic motivation is motivation that arises from within the person concerned, without stimulation or encouragement from others. Various studies show that intrinsic motivation is more effective in encouraging someone to learn than extrinsic motivation.

6) Emotion

In accordance with the learning process in the development of a person's life, a certain type or state of personality is formed, including being someone who is emotional, easily discouraged. This of course also determines how he accepts, lives the experience gained. An unstable emotional state, irritability, irritability, feeling depressed, can interfere with a child's success in learning. Meanwhile, feeling happy, free, is an aspect that supports learning activities.

7) Cognitive ability

What is meant by cognitive ability is the reasoning ability possessed by students. Keep in mind that cognitive

reasoning will not develop properly, without practice. For this reason, studying regularly will improve a person's cognitive abilities.

2) External Factors, namely:

1) Natural Environment, namely natural conditions that can affect the process and learning outcomes, such as: air temperature, humidity, weather, ongoing seasons, including natural events that exist.

2) Social environment. The school environment such as teachers, education staff, classmates, community, family. Teachers who always show a sympathetic attitude and behavior and show good role models. The condition of society that is completely deprived will greatly affect student learning activities. More influential are parents and families of students.

3) Non-social environment. Factors that include the non-social environment are the school building and its location, the student's home and location, learning tools and the time used by students. These factors are seen as determining the level of student learning success.

Especially regarding the preferred time to study (study time preference), an expert named J. Biggers (1980) argues that studying in the morning is more effective than other times. However, according to the research of several experts, learning outcomes do not depend on the choice of time that matches student preparedness (Dunn et al, 1986).

Thus, the time used by students to study, which is often believed to affect student achievement, does not need to be ignored. Because, it is not time that is important in learning but the readiness of the student's memory system in absorbing, managing, and storing items of information and knowledge that students learn.

C. Conclusion

Islamic religious psychology is a science that discusses, studies and understands religious life in humans and their relationship to religious attitudes and behavior. The scope or field of research in the psychology of religion is mental symptoms that reflect and radiate from motivation,

expression, attitudes and behavior related to human awareness, experience, and religious maturity. Psychology of religion can be used in all aspects such as in the industrial sector, namely increasing the number of production and income and minimizing forms of crime in industry such as theft. Likewise in the field of education, namely students become diligent, active, do not cheat during exams and increase enthusiasm for learning.

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