

ABSTRAK

Nur Kosim, 2018. *Implementasi Gerakan Shalat Fardlu Sebagai Motivasi Aspek Kesehatan (Studi kasus di kelas IV Madrasah Ibtidaiyah Gunting)*, Skripsi, Jurusan Pendidikan Agama Islam, Fakultas Agama Islam. Universitas Yudharta Pasuruan.

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Kata Kunci : Implementasi, Gerakan shalat, Aspek Kesehatan

Shalat fardlu adalah salah satu bentuk ibadah utama yang diperintah oleh agama yang harus dilaksanakan secara kontinyu (istiqomah) oleh seorang hamba. Selain itu shalat tidak hanya menjadi amalan utama di akhirat nanti, tetapi ternyata gerakan-gerakan shalat adalah gerakan paling proporsional bagi anatomi tubuh manusia. Bahkan dari sisi medis, shalat adalah gudangnya obat dari berbagai macam penyakit. Akan tetapi kurangnya kesadaran dan pemahaman akan pentingnya gerakan shalat bagi kesehatan, sehingga siswa kelas IV MI Tarbiyatul Athfal Gunting Sukorejo Pasuruan melaksanakan shalat hanya untuk menggugurkan kewajiban saja.

Berdasarkan latar belakang tersebut, penulis melakukan penelitian dengan judul Implementasi Gerakan Shalat Fardlu Sebagai Motivasi Aspek Kesehatan (Studi kasus di kelas IV Madrasah Ibtidaiyah Gunting) dengan hasil analisis data yang di pakai di lapangan, penulis dapat mengambil kesimpulan sebagai berikut. (1) Perencanaan implemenasi gerakan shalat Fardlu sebagai aspek motivasi kesehatan siswa telah dilakukan oleh kepala sekolah dan dewan guru. Mereka melakukan musyawarah sebelum ajaran baru dimulai. Hasil musyawarah adalah kegiatan shalat Dhuhur di laksanakan pagi hari shalat dhuha dan sebelum pulang anak-anak melakukan shalat dhuhur dengan berjamaah. (2) Implementasi gerakan shalat Fardlu sebagai motivasi aspek kesehatan siswa dilaksanakan seelah kegiatan belajar mengajar di kelas. Saat waktunya shalat Dhuhur, baik guru maupun siswa melaksanakan shalat Dhuhur berjamaah. Selain itu, saat menjelaskan materi kurikulum Fikih tentang shalat, guru juga memaparkan pentingnya gerakan shalat bagi kesehatan manusia. Hal ini memberikan semangat siswa untuk rajin melaksanakan shalat Dhuhur berjamaah di Madrasah. (3) Faktor pendukung implementasi gerakan shalat sebagai motivasi aspek kesehatan adalah sumber daya manusia baik guru maupun siswa semangat dalam melaksanakan shalat Dhuhur berjamaah. Sarana dan prasana berupa mushallah sangat mendukung kegiatan tersebut. Selain itu kurikulum materi shalat dalam Fiqih, disampaikan oleh guru dengan cara memaparkan manfaat gerakan shalat bagi kesehatan. Sedangkan faktor penghabat implementasi gerakan shalat sebagai motivasi kesehatan adalah mayoritas dari siswa. Kurangnya minat siswa terhadap mempelajari manfaat dari gerakan shalat dan siswa kurang terib dalam melaksanakan shalat Dhuhur berjamaah.

ABSTRACT

Nur Kosim, 2018. *Implementation of the Fardlu Prayer Movement as a Motivation to Health Aspects (Case study in class IV Islamic Elementary School Gunting)*, Thesis, Department of Islamic Education, Faculty of Islamic Education. University of Yudharta Pasuruan.

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Keywords : Implementation, Prayer Movement, Health Aspect

Fardlu prayer is one of the main forms of worship governed by religion which must be carried out continuously (istiqomah) by a hambah. Besides that prayer is not only the main practice in the hereafter, but it turns out that the prayer movements are the most proportional movement for the anatomy of the human body. Even from the medical side, prayer is the warehouse of drugs of various diseases. However, the lack of awareness and understanding of the importance of the prayer movement for health, so that the fourth grade students of Islamic Elementary School of Tarbiyatul Athfal Gunting Sukorejo Pasuruan pray only to abort the obligation.

Based on this background, the authors conducted a study titled *Implementation of the Fardlu Prayer Movement as a Motivation to Health Aspects (Case study in class IV Islamic Elementary School Gunting)* with the results of data analysis used in the field, the authors can draw the following conclusions. (1) Planning for the implementation of the Fardlu prayer movement as an aspect of students' health motivation has been carried out by the principal and the teacher council. They held deliberations before the new teaching began. The result of the meeting was the Dhuhr prayer activity which was carried out in the morning of the Dhuha prayer and before going home the children performed the Dhuhr prayer by congregation. (2) The implementation of the Fardlu prayer movement as a motivation for the health aspects of students is carried out after the teaching and learning activities in the classroom. When it is time for the Dhuhr prayer, both the teacher and students carry out the Dhuhr prayer in congregation. In addition, when explaining the Fikih curriculum material about prayer, the teacher also explained the importance of the prayer movement for human health. This gives students the spirit to diligently perform Dhuhr prayers in congregations for the School. (3) Factors supporting the implementation of the prayer movement as a motivation for the health aspect are human resources both teachers and students in the spirit of performing Dhuhr prayer in congregation. Facilities and infrastructures in the form of mushalla strongly support these activities. Besides that, the curriculum for prayer in Fiqh is conveyed by the teacher by describing the benefits of prayer for health. Whereas the implementation factor of the prayer movement as a health motivation is the majority of students. Lack of students' interest in learning the benefits of the prayer movement and students are less orderly in performing Dhuhr prayer in congregation.