

The Influence of Religious Guidance on Adolescent Emotional Control at the Pekanbaru Class II Children's Special Development Institute

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ABSTRACT

The study discussed the effect that religious guidance can have on the emotional control of a teenager at the new ape-class ii coaching institute. As for the purpose of this study, it is to know if there is any influence relegious guidance on the emotional control of a teenager at the new apresidency institute for the development of a new class ii student. As for research using quantitative descriptive methods. The total population is 30 while the sample of this study uses the Total Sampling technique, which is as many as 30 respondents. Data collection techniques in this study using questionnaires, observation and documentation. Data were analyzed using SPSS (Statistical Product and Service Solution) 18 program with simple linear regression analysis. With this the results of the study indicate that religious guidance has an effect on adolescent emotional control in the Special Class II Children's Guidance Institute Pekanbaru. Based on the results of Simple Linear Regression analysis, the probability level of sig.(2-tailed) is 0.00, and the probability value is 0.05. So it can be concluded that the probability value is $0.05 > 0.00$ then H_0 is rejected and H_a is accepted, meaning that it is significant. which shows that there is a significant influence between Religious Guidance on Adolescent Emotion Control at the Special Class II Child Development Institute Pekanbaru. with a percentage of 77.4. %



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Introduction

Human beings as creatures who have feelings and emotions. Every human life is colored by various emotions, no human being lives without having emotions. Emotions and feelings become an integral part of our lives as human beings. The sense of anger has been possessed by man since birth, before the baby learns to speak, emotions have begun to spread inside him is an annoyance that increases when he encounters things that are not to his liking.

Emotions are also one of the things that have a great influence on human attitudes (Triantoro Safaria, 2009).

Emotions are very strong feelings shown to a person. Emotion is a reaction to someone or something that is not liked. Feelings that have a high intensity that can give rise to mentally oppressive actions. Emotions can move in both positive and negative directions.

Emotional problems, emotions have a variety of flavors including a sense of sadness. Prolonged sadness if allowed to drag on can lead to depressive disorders. It is hereby predicted that a third of adults still have difficulty in controlling emotions. The study, conducted by a group of researchers published in the British Medical Journal, based on data recorded 7 million adults, precisely 7,253,516 adults, in Sweden among them have committed suicide due to depression. As for depressive factors, they have a risk of anxiety, relationship and social disorders that are bad. *The World Health Organization (WHO)* wrote that on January 30, 2020, there are 264 million people in the world who are suffering from depression. Not only that, on the website of the Central Statistics Agency owned by the Indonesian government, in 2015-2017 the number of murder crime cases recorded was 3,933 cases (Princess, 2021).

A person in controlling emotions is very important in human life, especially to reduce tensions arising from mounting inner conflicts. In this context, the Qur'an instructs people to control their emotions in order to reduce physical and psychic tensions and their negative effects. Likewise, in the hadith of Prophet SAW many remind his followers to always control emotions in order to create a better life. One of them is the message of the Messenger of Allah SAW saying: *"There is a person who said to the Prophet, advise me!, He said: "Do not be angry. " The man said again several times and the Apostle still replied: "You shall not be angry."* (Diana, 2015)

During this time, adolescents experience changes both physically, emotionally, socially, psychosexually and understanding of themselves. The change requires adolescents to make adjustments to themselves and socially. Thus adolescents are required to establish communication both with peers, parents and in the community (Triantoro Safaria, 2009)

Adolescence is a very important aspect of life in changing individual development. Adolescence is a time of experiencing a transition from childhood to adulthood. According

to Hurlock, adolescence is a period of development that involves biological, and emotional, changes. The changes that adolescents experience can affect the state of adolescents.

Religious guidance is very important to shape a person's character. Musnamar said religious guidance is the process of assisting individuals so that their religious life is always in line with the provisions of Allah Almighty's instructions. To achieve the happiness of the world and the hereafter.

According to research conducted by Fitriya on Religious Guidance in Controlling the Emotions of Class VIII Students at Madrasah Tsanawiyah Nurul Huda Mangkang in 2019, religious guidance was declared effective against emotional control. Evidence of the results of an interview analysis from one of the religious teachers at MTS Nurul Huda and seeing the process of implementing religious guidance provides material on aqidah, shari'ah, and dhuha prayers. The compatibility of religious guidance with emotional control was the main reason researchers took the case.

The results of an interview with one of the counselors at the Pekanbaru Children's Special Development Institute, that teenagers have not been able to control the angry emotions that exist in them. There are several causes, namely conflicts of humiliation, ridicule, threats, pain pressure, and irritability. And the results of an interview with one of the teenagers who was at the Special Child Development Institute with the initials FI who was 15 years old. And the results of interviews conducted by researchers at the Pekanbaru Children's Special Development Institute conducted religious guidance according to a predetermined schedule, namely every Monday to Friday with different hours, the one who guided religion was Dr. Muhammadiyah and the name of the ustadz was Purnawarman.

Some of the factors that cause adolescents to perform emotional actions are social pressure, starting with new environmental conditions and lacking in preparing themselves to face those circumstances, including the lack of religiosity in the process of self-adjustment. Some adolescents who are in a stormy state with unstable emotions over time as a consequence of self-adjustment efforts to new patterns of behavior and new social expectations.

Given such conditions, it can be concluded that it can have an effect on the social environment. Therefore, the author wants to know how influential religious guidance has on adolescent emotional control. The material presented in religious guidance is lectures, reading the Quran and discussing.

Metode Research

This research uses *field research* data sources. The research intended here is a type of data collection that can really be trusted as material for data study. The research method used is a quantitative method, which emphasizes its analysis on *numerical* data (numbers) processed by statistical methods (Bambang, 2007).

Quantitative research in looking at the relationship of variables to the object under study is cause and effect (casual), so that in the research there are independent and dependent variables. The independent variable (free variable) in this study is religious guidance, while the depeden variable (bound variable) is controlling adolescent emotions at the Pekanbaru Grade II Special Child Development Institute. The total population in this study was 30 people and the sampling used a saturated sample technique.

Results and Discussion

Variable Validity Test X (Religious Guidance)

Table 1.1 X Variable Validity Test

No Item	R count	R table = 0.361 A = 5% df = 30-2	Information
1	0,833	>0,361	Valid
2	0,896	>0,361	Valid
3	0,634	>0,361	Valid
4	0,871	>0,361	Valid
5	0,854	>0,361	Valid
6	0,777	>0,361	Valid
7	0,896	>0,361	Valid
8	0,624	>0,361	Valid
9	0,833	>0,361	Valid
10	0,896	>0,361	Valid
11	0,634	>0,361	Valid
12	0,871	>0,361	Valid
13	0,854	>0,361	Valid
14	0,777	>0,361	Valid
15	0,896	>0,361	Valid
16	0,624	>0,361	Valid
17	0,833	>0,361	Valid
18	0,896	>0,361	Valid
19	0,634	>0,361	Valid
20	0,871	>0,361	Valid

Source. Processed Researcher 2022

Based on the table above, after the researcher has tested the validity of the data from the instrument of 20 statements for variable X, it can be seen that in each item the statement has

various calculated r values, to find out whether it is valid or not, the provision is that if r count > r table then an instrument is said to be valid, and the instrument is said to be invalid if r count < r table. In this study r table had a value of 0.361. In the test results of the validity of the variable X all statements can be said to be valid because the count r of each statement > 0.361.

Variable X Realibility Test (Religious Guidance)

The basis for decision making in the reliability test is:

- If cronbach's alpha value > r table then the questionnaire is said to be reliable.
- If cronbach's alpha value < r table then the questionnaire is said to be unreliable.

Table 1. 2 X Variable Realibility Test Results

Cronbach's Alpha	N of item
0,974	20

Source: SPSS Analysis Data

The reliability table results above describe the results obtained from cronbach's alpha value of 0.974 and the table r value of 0.361 (df = 30-2 at the level of 5 %). Because cronbach's alpha value is 0.974 > 0.361 (r table) then the statement instrument is said to be reliable, according to the basis of the decision calculation used if the value of cronbach's alpha > r table then the questionnaire is said to be reliable.

Variable Validity Test Y (Emotional Control)

Table 1.3 Y Variable Validity Test

No Item	R count	R table = 0.361 A = 5% df = 30-2	Information
1	0,631	>0,361	Valid
2	0,712	>0,361	Valid
3	0,500	>0,361	Valid
4	0,518	>0,361	Valid
5	0,758	>0,361	Valid
6	0,750	>0,361	Valid
7	0,844	>0,361	Valid
8	0,800	>0,361	Valid
9	0,715	>0,361	Valid
10	0,777	>0,361	Valid
11	0,631	>0,361	Valid
12	0,712	>0,361	Valid

13	0,500	>0,361	Valid
14	0,518	>0,361	Valid
15	0,758	>0,361	Valid
16	0,750	>0,361	Valid
17	0,844	>0,361	Valid
18	0,800	>0,361	Valid
19	0,715	>0,361	Valid
20	0,777	>0,361	Valid
21	0,750	>0,361	Valid
22	0,844	>0,361	Valid
23	0,800	>0,361	Valid
24	0,715	>0,361	Valid
25	0,777	>0,361	Valid

Source. Processed Researcher 2022

Based on the table above, the data validity test of the instrument 25 statements for variable Y can be seen that in each item the statement has various calculated r values, to find out whether it is valid or not, if the provision is that if $r \text{ count} > r \text{ table}$ then an instrument is declared valid, and if the instrument is declared invalid if $r \text{ count} < r \text{ table}$. So this study $r \text{ table}$ is worth 0.361. In the results of the validity test of the variable Y all statements can be said to be valid because the count r of each statement > 0.361 .

Variable Reliability Test Y (Emotional Control)

The basis for decision making in the reliability test is:

- If cronbach's alpha value $> r \text{ table}$ then the questionnaire is said to be reliable.
- If cronbach's alpha value $< r \text{ table}$ then the questionnaire is said to be unreliable.

Table 1. 4 Variable Y Reliability Test Results

Cronbach's alpha	N of item
0,966	25

Source: SPSS Analysis Data

From the table of reliability test results of variable Y, it shows that variable Y can be said to be reliable. In the reliability table above, the results of cronbach' alpha were obtained by 0.966 and the r value of the table was 0.361 ($df = 30-2$ at the level of 5%) because the value of cronbach' alpha was $0.966 > 0.361$ ($r \text{ table}$) then the statement instrument was said to be reliable, according to the basis of decision making used that if the value of cronbach's alpha then the questionnaire was said to be reliable.

Simple Linear Regression Test

Knowing the influence of the two variables, a simple linear regression test was carried out to test the associative hypothesis of the two variables using value data obtained from 30 respondents on 20 and 25 statement items.

By Submission of Hypothesis :

Ha : There is an influence between the variables of Religious Guidance and Emotional Control

Ho : There is no influence between the variables of Religious Guidance and Emotional Control

Discussion

Even to find out how much the influence of religious guidance on emotional control will be carried out using the coefficients data analysis method, using Linear Regression. Here are the results of the Linear Regression below.

Table 1.4 Simple Linear Regression Test Results

Descriptive Statistics

	Mean	Std. Deviation	N
P.TOTAL	83.80	22.115	30
TOTAL	76.10	20.853	30

Source. SPSS Analysis Data

The table above explains descriptive statistics which explain the magnitude of the average (mean), standard deviation and N of each variable, in the Religious Guidance variable (X) the average value (mean) is 76.10 and the standard deviation (standard deviation is 20,853. In the Emotional Control variable (Y) the average value (mean) was 83.80 and the standard devi value was 22,115 while N = 30 showed the number of respondents analyzed from each variable.

Table 1.5 Simple Linear Regression Test Results

Model Summary

Model	R	R	Adjusted	Std. Error	Change Statistics				
					R Square	F	df1	df2	Sig. F Change

		Square	R Square	of the Estimate	Change	Change			
1	.880 ^a	.774	.776	10.700	.774	95.880	1	28	.000

a. Predictors (Constant), Religious Guidance

b. Dependent Variables : Control

Source : Data from Analysis Results with SPSS

Correlation coefficient is used to determine whether there is and how much of a relationship exists between independent variables and dependent variables. The guidelines for interpreting correlation coefficients are as follows:

0.00 – 0.199= very low correlation

0.20 – 0.399= low correlation

0.40 – 0.599= moderate or sufficient correlation

0.60 – 0.799= strong correlation

0.80 – 1,000= very strong correlation

Based on table 1.5, it displays the value of R (correlation efficiency) of 0.880. Judging from the coefficient correlation above is positive, it proves that there is a positive relationship between religious guidance and emotional control, that is, if religious guidance (X) is higher then emotional control (Y) Also higher or increasing, as well as the opposite. In this study, it can be seen that the correlation coefficient value is at an interval of 0.80 – 1,000 indicating that the religious guidance variable (X) has a good correlation with the emotional control variable (Y).

The table above also explains the value of R = 0.880 and the coefficient of determination (R-square) of 0.774 (is the sequential of the correlation coefficient, or $0.880 \times 0.880 = 0.774$ this shows the understanding that religious guidance (X) has an influence on emotional control (Y) of 77%, while the rest ($100\% - 77.4\% = 22.6\%$) is explained by other causes. R-square ranges from 0 to 1 with a note that the smaller the R-square number the lower the relationship between the two variables.

Table 1.6 Simple Linear Regression Test Results
ANOVA^b

Model		Sum of Square s	Df	Mean Square	F	Itself.
1	Regression	10977.134	1	10977.134	95.88	.000
	Residual	3205.666	28	114.488	0	^a
	Total	14182.800	29			

a. Predictors: (Constant), Religious Guidance

b. Dependent Variable: Emotional Control

Source: Analysis Data with SPSS

Based on the results of the linear regression analysis carried out, it can be seen that the value of f is 95,880 t table, which is with the level of sig probability. 0.000 because the probability (0.000) is much smaller than 0.05, the hypothesis obtained is that H_0 is rejected, meaning that there is an influence between variables x and y or Variable X can have an influence on Variable Y .

Table 1.7 Simple Linear Regression Test Results

Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients	T	Itself.
		B	Std.Error	Beta		
1	(Constant)	12.800	7.510		1.704	.099
	Guidance Religion	.933	.095	.880	9.792	.000

a. Dependent Variable : Emotional Control

Source: Analysis Data with SPSS

Based on the results of the coefficients test, this section describes the constant value (a) = 12,800 and the value of $b = 0.933$ as well as the calculated t value of 9.792 and the significance level = 0.000. From the table can be obtained a simple linear regression equation that is $Y = a + Bx$ i.e. $Y = 12.800 + 0.933X$.

The hypothesis can be proven in two ways, namely: Way 1

- If the α value of 0.05 is < significant, then H_0 is accepted and H_a is rejected
- If the value α 0.05 > significant, then H_0 is subtracted and H_a is accepted

In the Correlations table obtained variables x and y

- The value of the sig. = 0.00
- Nilai $\alpha = 0.05$

So a value of $0.05 > 0.00$ means that H_0 is rejected and H_a is accepted, meaning that there is an influence of Religious Guidance on Adolescent Emotional Control.

In testing the hypothesis used sig test, decision-making can be seen if t -count > t -table, then H_0 is rejected and H_a is accepted, meaning significant and if the value of t -count < t -table, then H_0 is accepted and H_a is rejected, meaning it is insignificant.

In testing the hypothesis of the Religious Guidance variable (X) and the Emotion Control variable (Y) using the correlations table. The following hypotheses are in the form of sentences:

Ha : Religious guidance has a significant effect on emotional control

Ho : Religious guidance has no significant effect on emotional control

By decision:

If the value of t counts $\geq t$ of the table, then Ho is rejected and Ha is accepted
If the value of t counts $\leq t$ of the table, then Ho is accepted and Ha is rejected

From the correlations table a significant level of 0.05 with ($df = N-2$ or $30-2 = 28$) so that 2,048 is generated. It turns out that the value of t counts $> t$ table, or $9.792 > 2.048$ then Ho is rejected and Ha is accepted. Thus, religious guidance has a significant effect on adolescent emotional control.

Conclusion

Based on the results of research and discussion that has been obtained the level of sig probability. (2-tailed) is 0.00 so it can be concluded that the probability value of sig $0.05 > 0.00$ then Ha is rejected and Ha is accepted, meaning significant. And the R-square value of $0.074 \times 100\% = 77.4\%$ means that Emotional Recognition (Y) is Influenced by 77.4%. By Religious Guidance (X) So it can be concluded that there is an influence of religious guidance on the emotional control of adolescents at the Keas II Special Child Development Institute Pekanbaru.

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