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## **The Role of Sheikh Abdul Qodir Al Jailani's Sufism Education on the Emotional Intelligence of Students (Case Study student in Jagad 'Alimussirry Islamic Boarding School)**

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**Abstract.** Jagad 'Alimussirry islamic boarding school is a sufism-based lodge, Sheikh Abdul Qodir Al Jailani is one of the sufism that is followed. Sufism education of Sheikh Abdul Qodir Al Jailani at the islamic boarding school of Jagad 'Alimussirry has an influence in shaping the emotional intelligence of students. This is proven that this lodge uses the concept of Sufism Sheikh Abdul Qodir Al Jailani which has the concept of sufism practice which consists of several worship practices solely to get closer to Allah SWT. This concept is also used by this institution in the curriculum. This cottage also teaches sufism theory in learning carried out in the form of studies. After the students have knowledge about sufism, students are also taught in the form of practice ranging from fasting, dhikr, morals, patience, honesty, pleasure, trust to Allah, pilgrimage to the tomb of the guardian. All these things aim to make students closer to God spiritually. A student who is closer to God then emotional intelligence will also affect the student. The results of this study show that students who learn and practice Sufism of Sheikh Abdul Qodir Al Jailani tend to master more of their emotional identity and are more calm and wise in dealing with problems because they are guided directly by a spiritual teacher.

**Kata kunci:** *Jagad 'Alimussirry ; Sufism; Sheikh Abdul Qodir Al Jailani*

### **INTRODUCTION**

In term of life in boarding school, the students are found a variety of characters and traits, so the students need to develop emotional intelligence to deal with various characters and emotions of other students and control the emotions of the students themselves. In a news from containing that there was a beating of students when interrogated the thief who incidentally was also a fellow student in one of the Islamic boarding schools. In addition, there are also several cases about student crime contained in that one of the students in Kediri City has committed theft crimes around the Al Maaruf Mosque in Kediri City. There was also news that there was violence by senior students to their juniors at the Mambaul Ulum Islamic boarding school, Mojokerto to death for allegedly violating the curfew. Based on the data above, emotional intelligence is very important for students because it will form students who can manage their emotions and others in

fostering good relationships with others. (Husin, 2019) (Amrullah, 2021)(Sugiyarto, 2017)(Djayadi, 2021)

According to Goleman, the ability to motivate oneself and endure frustration, control impulses and not overindulge in pleasure, regulate mood and keep from stress, empathize and pray. With a happy and relaxed mood will also increase the effectiveness of student learning. Emotional intelligence also serves to reflect ideas, works or products so that they become of interest to many people (Arieska, 2018)

In the Qur'an it is also mentioned in Sura Al Baqoroh,

لَا يُؤَاخِذُكُمُ اللَّهُ بِاللَّعْوِ فِي أَيْمَانِكُمْ وَلَكِنْ يُؤَاخِذُكُمْ بِمَا كَسَبْتُمْ قُلُوبُكُمْ وَاللَّهُ غَفُورٌ حَلِيمٌ

Meaning: God does not punish you for your unintentional vows, but He punishes you for the intentions contained in your heart. Allah is Most Forgiving, Most Merciful.

The verse above explained that God will not torture his creatures in accidental circumstances even in a state of oath. God will inflict torment if the negligence is intentional by the will of the heart. This shows that if the heart is entered with bad morals and lustful desires that will break through the limits of goodness (Shihab, 2010). The implementation of emotional intelligence is called good morals, which is actually already in the Qur'an and has been taught by the Messenger of Allah.

In the initial observation of this study which took place at the Jagad 'Alimussirry Islamic Boarding School that this cottage also uses the foundation of Sufism from Sheikh Abdul Qodir Al Jailani, in practice students continue to be emphasized to always mujahadah in order to manage the emotions of students one of the successes in doing mujahadah so that they become human beings. In the curriculum at Islamic Boarding School Jagad 'Alimussirry Islamic boarding school that this boarding school also concentrates on neo-Sufism Sufism, which means that it emphasizes activism and does not alienate itself from society (Djoko Hartono, 2018)

In this study, the author will examine the expression of Sheikh Abdul Qodir Al Jailani's thoughts, among others: fasting, patience, trust to God, good morals, gratitude, patience, pleasure, honest on the emotional intelligence of students at the Islamic Boarding School of Jagad 'Alimussirry .

## METHOD

This research approach uses a qualitative approach. The qualitative approach is also called the post positivistic method because it is based on post positivistic philosophy. This research process is deductive which means that solving problem formulations can use relevant concepts or theories so that they can be used as a hypothesis (Sugiyono, 2018).

This study examines the role of Sufism education of Sheikh Abdul Qodir Al Jailani on the emotional intelligence of students at the Islamic Boarding School of Jagad 'Alimussirry , then

the approach used in addition to a qualitative approach also uses descriptive techniques, namely this

form of research to describe various existing phenomena that both are natural and man-made. The purpose of qualitative research is to make systematic, factual and accurate assessments of the facts and nature of certain populations and regions (Suryabrata, 2013)

In this research was located at the Jagad 'Alimussirry Islamic Boarding School and became the subject of his research, namely students at the Jagad 'Alimussirry Islamic Boarding School and administrators of the Islamic Boarding School. In this case, the data collection method through interviews is then analyzed with field techniques with the Miles and Huberman model.

## RESULT

### 1) Sufism Education of Sheikh Abdul Qodir Al Jailani at the Islamic Boarding School of Jagad 'Alimussirry

Based on the results of research, especially in the aspect of Sufism education, Sheikh Abdul Qodir Al Jailani at the Jagad 'Alimussirry Islamic Boarding School, that this Islamic boarding school has implemented Sufism of Sheikh Abdul Qodir Al Jailani. The application of Sufism Sheikh Abdul Qodir Al Jailani in this lodge is inseparable from the founder of the Islamic boarding school and the president director of the Islamic boarding school who follows the Islamic organization, namely Nahdlatul Ulama where this organization also recognizes the teachings of Sufism. One of the teachings of Sufism that was recognized by the Prophet was Sufism Sheikh Abdul Qodir Al Jailani RA. Sufism teaches to get closer to Allah through *mujahadah* seriously until maqom marifatullah. In achieving maqom marifatullah, a will take several maqom by doing *mujahadah* starting from fasting, remembrance, patience, tawakal, ridho, sincerity, gratitude and honesty until a person is able to control his passions and psyche to always keep remembering Allah SWT. In this Islamic boarding school, students also apply their students to *mujahadah* through community programs and theoretical studies in effective learning of the boarding school. This *tirakatan* program has been contained in the curriculum of the Jagad 'Alimussirry Islamic Boarding School, this *tirakatan* program aims to make students able to control the lust, emotions of students in order to become human beings. Some of the rituals carried out by students ranging from fasting for 3 days, 7 days to fasting dawaim, dhikr, pilgrimage to makam, bathing repentance to water sources.

### 2) The Role of Sufism Education of Sheikh Abdul Qodir Al Jailanai in Shaping the Emotional Intelligence of Students

From the data obtained that the Jagad 'Alimussirry Islamic Boarding School has carried out the role of Boarding education in dealing with cultural changes and deviant behavior in modern life today so that the character and emotional behavior of students are not fragile, that this Islamic boarding school through Sufism education of Sheikh Abdul Qodir Al Jailani, namely by conducting Sufism and moral studies in theory and then combined with practice, namely with *tirakatan* or *mujahadah*, which has been structured in the curriculum of the Jagad 'Alimussirry Islamic Boarding School. In the study of Sufism at the Islamic Boarding School

of the 'Alimussirry Universe, it always teaches to always behave well, both from waking up to sleeping again. This good behavior in the form of patience, pleasure, laughter, gratitude, honesty is always emphasized in learning. People who always behave well will make the emotional intelligence of students get better and increase. A student who is able to control emotions can position himself according to his environment. In addition to the study of Sufism to find out the theories in Sufism, the Jagad 'Alimussirry Islamic Boarding School also trains students to practice or mujahadah. A student who is devoted will feel that he will always be a servant who feels weak before Allah, a human being to always be pleased, grateful for Allah's blessings given, honest in acting because he feels always watched by Allah, patient in facing trials, then captive to all qodho' and qodar Allah SWT.

This is in line with the concept of Sufism Sheikh Abdul Qodir Al Jailani who adheres to the concept of Sufism amali in it consisting of several worship practices solely to get closer to Allah SWT. That is, that in Sufism practice is not just knowing about theory, but directly practiced in worship, so that in Sufism one can better feel the purpose of Sufism, namely the closeness of a servant to the Almighty. Someone who is close to Allah SWT, will always maintain his behavior and emotions so that students have good emotional intelligence.

### 3) Sufism Education of Sheikh Abdul Qodir Al Jailani Shapes Santri Emotional Intelligence

From the data obtained about Sufism education Sheikh Abdul Qodir Al Jailani has an influence in shaping the emotional intelligence of students, it is proven that this lodge uses the concept of Sufism Sheikh Abdul Qodir Al Jailani which has the concept of Sufism amali which consists of several worship practices solely to get closer to Allah SWT. That is, that in Sufism practice is not just knowing about theory, but directly practiced in worship, so that in Sufism one can better feel the purpose of Sufism, namely the closeness of a servant to the Almighty. This concept, by Pondok is also used, in the curriculum this cottage also teaches Sufism in theory in learning carried out in the form of studies. After the students have knowledge about Sufism, students are also taught in the form of practice ranging from fasting, dhikr, akhlakul karimah, patience, honesty, pleasure, tawakal, pilgrimage to the tomb of the guardian all these things aim to make students closer to God spiritually. A student who is closer to God then emotional intelligence will also affect the student. This is in line with Goleman's theory which defines emotional intelligence as the ability to motivate oneself and endure frustration, control impulses, and not exaggerate pleasure, regulate mood and keep the burden of stress from crippling the ability to think, empathize, and pray. A student who learns Sufism Sheikh Abdul Qodir Al Jailani will learn about patience in facing trials and calamities, pleasure in qodo' and qodar Allah, tawakal in life, honesty in acting, remembrance to Allah at all times, akhlak karimah and mujahadah in doing tirakat such as fasting. All these things aim to make the santri/salik always close to Allah, love for Allah and fear Allah.

A person who is emotionally close to God will always be optimistic, rarely frustrated to be able to set his mood for this world. As in Golemen says that emotions are divided into five areas:

- a) Self Awareness, a student is able and aware of the actions taken that this is good or bad. A student will take responsibility in a problem with confidence and awareness of all the risks also accompanied by laughter to Allah.
- b) Self-Regulation, students who are able to control their emotions by practicing to be patient people in *tirakat*, socializing with people with honesty and gratitude for the blessings God gives will be able to regulate themselves both emotionally and life management.
- c) Motivation (Self motivation), a student will always be motivated in himself to always be close to Allah, because in the student has been instilled that the life of this world is mortal and the real life hereafter, a person who is close to Allah SWT will always act well such as honest, patient, tawakal, pleasure to Allah.
- d) Empathy (Empathy / Social awareness), a student who learns Sufism will learn about the meaning of life that one cannot live alone, the Islamic boarding school in its curriculum teaches if the students who intend to be supported otherwise if a student finishes praying will always give alms to other students as gratitude for God's blessings given.
- e) Social Skills (Relationship Management), a student in the community by the lodge is encouraged to be together because to strengthen each other and make social performance better and closer.

## CONCLUSION

Jagad 'Alimussirry Islamic Boarding School is a Sufism-based lodge, one of the Sufism that is followed, namely Sufism Sheikh Abdul Qodir Al Jailani. This Islamic boarding school carries out the role of pesantren education in dealing with cultural changes and deviant behavior in modern life today so that the character and emotions of students are not fragile, that this Islamic boarding school through Sufism education of Sheikh Abdul Qodir Al Jailani is by conducting Sufism and moral studies in theory and then combined with practice, namely with tirakatan or mujahadah, which has been structured in the curriculum of the Jagad 'Alimussirry Islamic Boarding School. Sufism education of Sheikh Abdul Qodir Al Jailani at the Islamic Boarding School of Jagad 'Alimussirry has an influence in shaping the emotional intelligence of students, this is proven that this lodge uses the concept of Sufism Sheikh Abdul Qodir Al Jailani which has the concept of Sufism amali which consists of several worship practices solely to get closer to Allah SWT. This concept, by Pondok is also used, in the curriculum this cottage also teaches Sufism in theory in learning carried out in the form of studies. After the students have knowledge about Sufism, students are also taught in the form of practice ranging from fasting, dhikr, good manners, patience, honesty, pleasure, tawakal, pilgrimage to the tomb of the guardian all these things aim to make students closer to God spiritually. A student who is closer to God then emotional intelligence will also affect the student.

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