

**THE EFFECT OF MEDITATION TO INCREASE STUDENTS  
CONCENTRATION WHO HAVE LEARNING DIFFICULTIES  
(An Experimental Study)**



**THESIS**

Submitted to Ushuluddin Faculty in Partial Fulfillment of  
The Requirement for the Degree of S-1 of Islamic Theology  
On Tasawuf and Psychotherapy Department

By:

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**USHULUDDIN FACULTY  
STATE INSTITUTE FOR ISLAMIC STUDIES (IAIN)  
WALISONGO SEMARANG  
2013**

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This thesis was examined by two experts and passed on December 17<sup>th</sup> 2013. Therefore, this paper is accepted as one of requirement of fulfilling Undergraduate Degree of Islamic Theology

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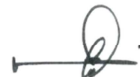


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## **DECLARATION**

I state that this thesis is definitely my own work. I am completely responsible for content of this thesis. Other writer's opinions or findings included in the thesis are quoted or cited in accordance with ethical standards.

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## MOTTO

قَدْ أَفْلَحَ الْمُؤْمِنُونَ (١) الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ (٢)

*(1) The believers must (eventually) win through, - (2) Those who humble themselves in their prayers ( QS Al Mu'minūn (18): 1-2 )*

## DEDICATION

*The thesis is dedicated to:*

*My dear parents:*

*Mr. A. Basyir and Mrs. Dhurriyah*

*My beloved brothers and sisters:*

*( Albar, Ipung, Khulaemah, and Nurul )*

*My Future Husband:*

*Naslur*

## TRANSLITERATION\*

### VOWEL LETTERS

ā	a long spelling
ī	i long spelling
ū	u long spelling

ARABIC LETTER	WRITTEN	NAME
ا	no symbol	Alif
ب	b	ba
ت	t	Ta
ث	ṡ	ṡa
ج	j	Jim
ح	ḥ	ḥa
خ	kh	Kha
د	d	Dal
ذ	ẓ	ẓal
ر	r	Ra
ز	z	Zai
س	s	Sin
ش	sy	Syin
ص	ṣ	ṣad
ض	ḍ	ḍad
ط	ṭ	ṭa

---

\* Quoted from *Pedoman Penulisan Skripsi*, Fakultas Ushuluddin IAIN Walisongo, Semarang, 2007, p.112-113

ظ	ẓ	ẓa
ع	‘	‘ain
غ	g	Gain
ف	f	Fa
ق	Q	Qaf
ك	K	Kaf
ل	L	Lam
م	M	Mim
ن	N	Nun
و	W	Wau
هـ	H	Ha
ي	Y	Ya

\* All of the Quranic translation quoted from Abdullah Yusuf Ali’s Quranic translation



## **ACKNOWLEDGEMENT**

Glory to God who created all, to man He gave special place in His creation. He honored man to be His agent, and to that end, endued him with understanding, purified his affections and gave him spiritual insight. So that man should understand nature, understand him, and know God through His wondrous Signs. Glory Him in truth, reverence, and unity.

The Glorious God who sent Muhammad (PBUH) as Messenger, preaching and working in the dim twilight of history. He stood for all humanity, orphans, and women, slaves, whom the world neglected or oppressed. And he comes to me, bringing the light to lighten the shadow, disclosing the cover of my indecision and inspiring me with his love to keep struggling, to win God's gifts.

This final assignment entitled THE EFFECT OF MEDITATION TOWARD STUDENT CONCENTRATION (AN EXPERIMENTAL STUDY) will not be finished on time if not with the help and encouragement of those who always take their time to help me accomplishing this final task. Likewise, nothing I can convey except the thanks coming sincerely from the deepest of my heart for their contributions to give moral and material assistance.

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Love and happiness for my great family; my Dad, my Mom, kak Albar, mbak Ema, mas Ipung, mbak Nurul, and also Nadin, Afika you are everything for me. Always give me support and spirit in my education until the end.

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Semarang, 26 November 2013

The Writer,

Dewi Nabillah

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## ABSTRACT

Concentration is very important thing for student because concentration is the main key needed by student to be successful in learning process. If the student can concentrate to focus for all the resources he has, he will be able to flow the maximum for to purpose he need. When the student is learn with more concentration, it will give the final result is well. But in fact, cause of learning quality is low, mostly caused by weakness of ability to do concentration of learning. Whereas, optimal or not the result of learning very depend for the people ability intensity to do the concentration. The problems that can hinder the success of learning who faced by student especially is concentration. So, the student cannot absorb of lessons is well.

In this research, researcher examines meditation and it is effect to student who has difficulties in learning. This meditation is given to increase the concentration of student in the learning process. Concentration is the ability to focus one mind at the time a thing. Researcher uses the meditation to increase the concentration for student because in fact, meditation can improve the concentration for student, creativity and be able to cope of troubled student, and also who are hyperactive. Meditation practice can improve the attitude of self acceptance. Meditation can develop a sense of friendship with our self. Self acceptance correlation with self esteem, self image, self identity, and self actualization.

The purposes of this experiment are to know is there any positive effect of meditation toward concentration barrier on student who has learning difficulties and to know the quality of the effect of meditation. The hypothesis proposed is meditation give positive effect toward concentration barrier on student who has learning difficulties. Meditation is a way of healing on physical and psychological strength. Meditation is a technique or exercise used to train attention in order to improve the awareness that can lead the mental processes can be better controlled.

This experimental research using Single Case Experimental Design, the type is A-B-A withdrawal. To measure the degree of concentration test of subjects, the researcher used the Wechsler Adult Intelligence Scale (WAIS) test. This meditation is given to three subjects who had concentration difficulties are Subject MF, Subject FF and subject OS from class XII at SMK Darul Musyawaroh Bangsri Jepara. This experimental research is done in 6 days, started on 13 until 18 November 2013. The analysis in this research uses a graph.

The finding of this experimental research indicates that there is an increase in the results of concentration test which is given to the subject. The result is taken from three subjects those are Subject MF, has increased as much as 8 points with final score is 14, Subject FF, has increased as much as 7 points with a final score is 12 and subject OS, has also increased as much as 7 points with a final score is 13.

Based on the results of this research, it is can be concluded that there is a positive effect of meditation toward concentration barrier on students who have learning difficulties.