

ABSTRAK

Fitriana, Maya Nor. 2025. Implementasi Puasa *Dalail Qur'an* dalam Peningkatan Kualitas Hafalan Santri Pondok Pesantren Tahfidzul Qur'an Al-Azhar Mojokembang Karanglo Mojowarno Jombang. Skripsi, Program Studi Pendidikan Agama Islam, Sekolah Tinggi Ilmu Tarbiyah al Urwatul Wutsqo Jombang. Pembimbing: Dr. Hj. Chumaidah Syc, M.Pd.I.

Kata Kunci: Puasa *Dalail Qur'an*, Pelaksanaan, Kualitas Hafalan, Santri, Pondok Pesantren

Fenomena menurunnya semangat dan kualitas hafalan sebagian santri mendorong pentingnya strategi spiritual untuk menjaga hafalan Al-Qur'an secara optimal. Di Pondok Pesantren Tahfidzul Qur'an Al-Azhar Mojokembang Karanglo Mojowarno Jombang, terdapat amalan anjuran berupa Puasa *Dalail Qur'an* yang diyakini dapat meningkatkan kekuatan hafalan. Namun belum diketahui secara ilmiah bagaimana pelaksanaannya dan sejauh mana pengaruhnya terhadap hafalan santri. Berdasarkan hal tersebut, penelitian ini bertujuan untuk mengetahui praktik pelaksanaan Puasa *Dalail Qur'an* di Pondok Pesantren Tahfidzul Qur'an Al-Azhar Mojokembang Karanglo Mojowarno Jombang, untuk mengetahui kualitas hafalan santri yang mengamalkan dan tidak mengamalkan puasa *Dalail Qur'an* di Pondok Pesantren Tahfidzul Qur'an Al-Azhar Mojokembang Karanglo Mojowarno Jombang. Penelitian ini menggunakan pendekatan kualitatif deskriptif. Teknik pengumpulan data meliputi observasi, wawancara mendalam, dan dokumentasi. Subjek penelitian terdiri dari pengasuh pondok, ustadzah tahfidz, dan santri pelaksana maupun non-pelaksana puasa. Analisis data dilakukan melalui reduksi data, penyajian data, dan penarikan kesimpulan. Keabsahan data diuji dengan triangulasi metode, triangulasi sumber, dan triangulasi waktu guna memperoleh data yang valid dari berbagai teknik dan momen pengambilan data. Hasil penelitian menunjukkan bahwa pelaksanaan Puasa *Dalail Qur'an* diawali dengan pengambilan ijazah ke KH. Ahmad Badawi di Kudus, dilanjutkan dengan puasa nyirih selama tujuh hari disertai pembacaan potongan ayat setiap selesai salat fardhu, dan diteruskan dengan puasa selama 1 tahun 1 bulan 2 minggu serta amalan membaca satu juz per hari. Santri yang menjalankan Puasa *Dalail Qur'an* menunjukkan peningkatan kualitas hafalan ziyadah konsisten dan tertib, murajaah terjadwal dan disiplin, fokus menghafal terjaga, kekuatan menghafal lebih kokoh, perolehan hafalan meningkat, kesulitan menghafal berkurang, ketepatan menghafal meningkat, kelancaran menghafal stabil, daya tahan hafalan kuat, pemahaman makna ayat berkembang. Adapun santri yang tidak melaksanakan puasa mengalami lebih banyak kendala dalam menjaga dan menambah hafalan. Ziyadah tidak rutin, murajaah kurang disiplin, fokus menghafal terganggu, kekuatan menghafal lemah, perolehan hafalan stagnan, kesulitan menghafal sering muncul, Ketepatan menghafal rendah, kelancaran menghafal terganggu, daya tahan hafalan rendah, pemahaman makna ayat terbatas.

ABSTRACT

Fitriana, Maya Nor. 2025. The Implementation of *Dalail Qur'an* Fasting in Improving the Memorization Quality of Students at Pondok Pesantren Tahfidzul Qur'an Al-Azhar Mojokembang Karanglo Mojowarno Jombang. Undergraduate Thesis, Islamic Education Study Program, Sekolah Tinggi Ilmu Tarbiyah al Urwatul Wutsqo Jombang. Advisor: Dr. Hj. Chumaidah Syc, M.Pd.I.

Keywords: *Dalail Qur'an* Fasting, Implementation, Memorization Quality, Students, Islamic Boarding School

The phenomenon of declining motivation and the quality of memorization among some students highlights the importance of spiritual strategies to optimally preserve the memorization of the Qur'an. At Pondok Pesantren Tahfidzul Qur'an Al-Azhar Mojokembang Karanglo Mojowarno Jombang, there is a recommended practice known as the *Dalail Qur'an* Fasting, which is believed to strengthen the power of memorization. However, its implementation and the extent of its influence on students' memorization have not yet been scientifically explored. Based on this, the present study aims to examine the practice of *Dalail Qur'an* Fasting at Pondok Pesantren Tahfidzul Qur'an Al-Azhar Mojokembang Karanglo Mojowarno Jombang, and to identify the quality of memorization among students who observe the fasting and those who do not. This research employs a descriptive qualitative approach. Data collection techniques include observation, in-depth interviews, and documentation. The research subjects consist of the head of the pesantren, Qur'an memorization instructors, and students who practice or do not practice the fasting. Data analysis was conducted through data reduction, data presentation, and conclusion drawing. The validity of the data was tested using methodological triangulation, source triangulation, and time triangulation in order to obtain valid data from various techniques and moments of data collection. The findings reveal that the practice of *Dalail Qur'an* Fasting begins with receiving an *ijazah* (authorization) from KH. Ahmad Badawi in Kudus, followed by a seven-day *nyirih* fasting accompanied by the recitation of selected Qur'anic verses after every obligatory prayer. This is continued with fasting for 1 year, 1 month, and 2 weeks, along with the practice of reciting one juz daily. Students who observe the *Dalail Qur'an* Fasting demonstrate improved quality of memorization: consistent and orderly *ziyadah* (new memorization), scheduled and disciplined *murajaah* (review), sustained concentration, stronger memorization capacity, increased acquisition of verses, reduced difficulties in memorization, higher accuracy, stable fluency, stronger retention, and better understanding of the meanings of verses. Conversely, students who do not undertake the fasting face greater challenges in maintaining and adding memorization: irregular *ziyadah*, less disciplined *murajaah*, disrupted focus, weaker memorization strength, stagnant memorization progress, frequent difficulties, lower accuracy, disturbed fluency, weaker retention, and limited understanding of the meanings of verses.