

IMPROVEMENT OF STUDENT WELLBEING OF STUDENTS THROUGH MOTIVATION INSTITUTIONS AT PONDOK PESANTREN NURUL JADID PAITON PROBOLINGGO

Muhammad Munif¹
Elok Fadilatur Rizqiyah²
Siti Fatimah³

^{1,2,3}Nurul Jadid University, Probolinggo
Email: ¹m.munifmpdi@gmail.com
²elokfadilaturrizqiyah@gmail.com
³fatim251199@gmail.com

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Abstract

This study aims to determine the improvement of Student Wellbeing of students through the Motivation Institute at Pondok Pesantren Nurul Jadid, and the implications of the guidance services provided by Nurul Jadid Motivation Institute (LMNJ) on Student Wellbeing of students. This study uses a qualitative case study approach. Data collection techniques using observation, interviews, and documentation. The data

analysis of this research went through three stages, namely data reduction, data display, and verification. The technique of checking the validity of the data is done by extending observations, increasing persistence, and triangulation. The results showed that to improve the Student Wellbeing of students at Pondok Pesantren Nurul Jadid, LMNJ used two methods, namely preventive and curative. Preventive services are carried out through socialization, seminars, discussions and religious lectures. Services that are curative are providing consulting services to students to solve problems related to psychology, social relations and learning. The implication of the guidance services provided by LMNJ to Student Wellbeing of students is to create a sense of comfort for students, so that they can study well.

Keywords: *Motivation, Student Wellbeing, Nurul Jadid*

Abstrak

Penelitian ini bertujuan untuk mengetahui peningkatan Student Wellbeing santri melalui Lembaga Motivasi di Pondok Pesantren Nurul Jadid, dan implikasi layanan bimbingan yang dilakukan Lembaga Motivasi Nurul Jadid (LMNJ) terhadap Student Wellbeing santri. Penelitian ini menggunakan pendekatan Kualitatif jenis studi kasus. Teknik pengumpulan datanya menggunakan Observasi, Wawancara, dan Dokumentasi. Analisis data penelitian ini melalui tiga tahap, yaitu Reduksi data, Display Data, dan Verification. Teknik pengecekan keabsahan data

dilakukan dengan perpanjangan pengamatan, meningkatkan ketekunan, dan Trianggulasi. Hasil penelitian menunjukkan bahwa untuk meningkatkan Student Wellbeing santri di Pondok Pesentren Nurul Jadid, LMNJ menggunakan dua cara, yaitu preventif dan kuratif. Layanan preventif dilakukan melalui sosialisasi, seminar, diskusi dan ceramah agama. Layanan yang bersifat kuratif adalah memberi layanan konsultasi kepada para santri untuk menyelesaikan problematika, yang berkaitan dengan psikologis, hubungan sosial dan pembelajaran. Implikasi layanan bimbingan yang dilakukan LMNJ terhadap Student Wellbeing santri adalah terciptanya rasa nyaman bagi para santri, sehingga dapat belajar dengan baik.

Kata Kunci: *Motivasi, Student Wellbeing, Nurul Jadid*

Introduction

Happy mood in students can be a determinant of educational success. The comfort concerns the learning environment, social relationships, self-fulfillment and security (Wijayanti & Sulistiobudi, 2018; Prasetyawati, 2021). Clean, beautiful, cool, shady, neat conditions, good relations between teachers and students, between students, the fulfillment of student needs needs to be realized so that students (santri) can learn well (Bali &

Chairunniza', 2020; Monalisa, 2021).

Fulfilling the psychological needs of students requires efforts aimed at providing services related to solving students' problems and trying to motivate them to behave positively (Rahman et al., 2019; Lisnawati & Al Rahmah, 2019). These efforts require counselors who will guide them so that they will be able to create comfort and a cool situation (Indrawati, 2017; Bali & Rohmah, 2018).

In the implementation aspect, a motivator when mentoring must carry out his duties professionally in providing psychological assistance to his clients, both of them need to create effective communication (Nurchayningsari & Maryati, 2018). The motivator when serving as a counselor must be able to observe, analyze, and solve problems, including helping problem solving in studies (Bali, 2020). Its existence is expected to be a builder of positive behavior, as well as being able to fully self-actualize (Prabawa & Kumalasari, 2020).

The Nurul Jadid Motivation Institute (LMNJ) is an institution at the Nurul Jadid Islamic Boarding School in Paiton Probolinggo which is tasked with providing

guidance in an effort to develop student behavior. In carrying out its functions, this institution makes efforts in the form of studies, discussions, lectures, mentoring, mentoring for them to have a stable personality and a feeling of well-being in learning.

LMNJ services include activities, namely: (1) preventive, namely providing motivation through seminars, discussions, and lectures so that students avoid negative behavior, (2) curative, namely providing counseling to those who experience unresolved problems. The purpose of this service activity is to create a sense of comfort and happiness for students, so that they can learn effectively.

Several studies on Student Wellbeing have been carried out, one of which was conducted by Martin that the subjective well-being level of student students has increased after being given dhikr relaxation (Martin et al., 2018). This result is also supported by data which shows that in general the trainees reported a change that was felt after attending the training, including feeling calmer, more comfortable, relieved, confident, excited, and more

grateful for the blessings given by Allah. Meanwhile, Wijayanti's research shows that the "Peer Support and Teaching Method Program" training can significantly improve the subjective well-being of students in schools (Wijayanti et al., 2019). This study proves that constructivist-based teaching and students who apply empathy, cooperation and mutual support between friends make students in the class feel better at school and feel more satisfied with their life at school. Policy makers in schools can use this program as a way to increase students' subjective well-being in school.

Previous research is more inclined to training programs and learning methods as well as peer support, while this research focuses on preventive and curative services which tend to go through a conservative and persuasive approach, this is the difference and novelty from previous research, then the uniqueness of this research lies in on services provided by the Nurul Jadid Motivation Institute, which takes a different approach from other institutions in improving Student Wellbeing.

This research is important to be done in order to improve the welfare of students (*santri*) or Student Wellbeing. This encourages the formation of students' behavior into "*Ulul Albab*" students, making students with character, making students who are *rahmatan lil 'alamin*. Besides that, it also forms performances such as the board of caretakers, provides solutions to the problems of servants and students, coloring the world of social media with *amar ma' ruf nahi munkar*.

Method

This research approach is qualitative case study. The purpose of the study will be to describe how to improve the Student Wellbeing of students through the Pondok Pesantren Nurul Jadid Motivation Institute, and its implications for students. Data collection methods used in this study include observation and in-depth interviews to gain an understanding of a phenomenon or problem that attracts attention in the institution obtained from research information. Further data analysis through data reduction, data display, and verification. Meanwhile,

checking the validity of the data is done by extending observations, increasing persistence, and triangulation.

Results and Discussion

In essence, education is the strengthening of human potential (Munif et al., 2021). Even in the lowest civilization, there has been an educational process. The existence of education along with human civilization (Ulum, 2018). Development of that potential through learning. Cronbach defines learning by the process of changing behavior through experience (Kholil et al., 2021). Thus education is the process of developing one's potential so that he can behave as expected.

Factors supporting the success of learning is a comfortable, conducive, healthy and fun situation. A sense of comfort for students/santri includes four aspects, namely (1) *Having*, namely a safe, comfortable, comfortable environment, (2) *Loving*, namely the harmonization of the social learning environment, student-teacher relationships and fellow students, (3) *Being*, namely the creation of a sense of belonging mutual

respect, (4) *Health*, namely adequate health insurance (Aslan, 2018).

Psychological needs can be through self-motivation. Motivation is the "drive" to do something (Tohet et al., 2021). The application of motivation can be done by one person to another with a specific purpose, so that people who are motivated can behave and behave as expected by the motivator.

Concepts, Characteristics, Functions, and Efforts to Increase Motivation

Motivation is an effort to get other people to do something according to their goals (Masni, 2017) likewise in learning, learning motivation is very important for students. Principles of motivation learning principles (Suminah et al., 2018). The characteristics of someone who experiences motivation in learning can be seen from the indicators, namely: Diligent in doing tasks, not easily discouraged, not quickly satisfied with the achievements obtained, showing interest in overcoming problems, being independent, bored with routine model work, believing

his opinion is correct, interested in problem solving (Oktiani, 2017).

The motivational functions are, *firstly*, it can direct a person's behavior. *Second*, as a selector of one's behavior. *Third*, energize a person's behavior. If the individual motive is strong, then the psychic energy is also strong (Permana, 2020). A person's motivation is influenced by two factors, namely intrinsic and extrinsic. Intrinsic motivation, it arises from a person. Some examples are desire, desire to learn to achieve goals, encouragement of learning needs. Extrinsic Motivation, namely motivation from outside influences. For example, there are awards, diplomas, prizes for those who have satisfactory grades. This motivation focuses more on concrete objects so that students can have high enthusiasm for learning (Wahid et al., 2021).

Education experts have a consensus that learning motivation can improve student achievement. In addition, efforts to motivate can be done by raising the needs of children, children's experiences should be based on children's experiences, providing opportunities for what

they want, utilizing tools/media in learning (Febianti, 2018). Therefore, motivation is absolutely necessary in learning so that the goals set will be carried out properly.

In an effort to provide psychological comfort to the students in the Islamic boarding school environment, the Nurul Jadid Motivation Institute (LMNJ) carries out motivational activities and counseling services. One of the goals of this institution is to create a cadre of students who have the character and spirit of jihad, istiqamah, independent, trustworthy, firm, appreciative, solutive, noble, and with integrity (JIMAT ASLI).

This institution is strengthened by divisions namely the Literacy division, therapeutic Hypnosis division, the Psychology division and the Multimedia division (Hefniy, 2021). LMNJ's vision is to become an institution to build students who have the spirit of jihad, are creative, useful, civilized, and have a global perspective. The mission of this institution is to have religious observance and have an insight into diversity, possess, have creative, innovative, productive, disciplined and organizational interests that are concerned with the benefit, have integrity and have

good morals and have insight into the future. The general goal is to become "*Ulul Albab*" students, to make students with character, to make students who are *rahmatan lil 'alamin*. The specific goals of this institution are the mission of *dawuh-dawuh* publication of the board of caretakers, forming performances such as the board of caretakers, providing solutions to the problems of service and santri, coloring the world of social media with *amar ma'ruf nahi munkar*.

Services by LMNJ use two methods, namely preventive and curative. Preventive services are applied by carrying out socialization, seminars, discussions, religious lectures. The services provided to the students are in the form of motivation, scientific insight, insight into personality, strengthening Islam and cultural literacy. The curative services are applied by providing consulting services to the problems experienced by students, which are psychological, social relations and learning problems. Thus the existence of this institution will help the problems experienced by students and feel comfortable in

themselves (Bali & Masulah, 2019). Feeling comfortable in students has positive implications for success in learning.

The implementation of consultations related to the problems experienced by students and students is carried out in two open ways and closed way. The open method is done by conveying the problems experienced by students using social media, namely through WhatsApp and Telegram groups, while the closed method is done by way of students who have problems meeting face-to-face with counselors related to solving problems at hand.

The results of the research at the research locus showed that the motivation carried out by LMNJ to the students at the Pondok Pesantren Nurul Jadid Paiton Probolinggo had been able to form students to be diligent in doing the tasks given by the teacher, not easily discouraged in completing their work, not quickly satisfied with the achievements obtained. Today, become independent and have high self-confidence.

Another implication of LMNJ services for students is the creation of a sense of comfort for students (student wellbeing), and high student enthusiasm for learning.

They can also complete tasks well and on time (Astutik, 2021). The positive implications of LMNJ services can also be seen from the personality aspect of the santri to become people with steady personalities and avoid split personalities and become open-minded people (Fitriyah, 2021).

Conclusion

There are two main conclusions from this study, firstly, how to improve the Student Wellbeing of students through the Motivation Institute at Pondok Pesantren Nurul Jadid in two ways, namely preventive and curative methods. Preventive services are carried out through socialization, seminars, discussions, religious lectures. Services that are curative are providing consulting services to students to solve problems related to psychology, social relations and learning. Second, the implication of the guidance services provided by LMNJ to Student Wellbeing students is the creation of a sense of comfort for the students, so that they can study well, have a steady personality and are open minded.

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