

ARTIKEL JURNAL

**PENERAPAN METODE PEMBIASAAN DAN BERNYANYI
DALAM MEMBENTUK KARAKTER NILAI AGAMA DAN
MORAL ANAK USIA DINI**

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**Program Studi Pendidikan Islam Anak Usia Dini
Fakultas Tarbiyah Dan Ilmu Keguruan**

**INSTITUT AGAMA ISLAM NEGERI (IAIN) METRO
1445 H / 2024 M**



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Demikian harapan kami dan atas perhatiannya saya ucapkan terima kasih.

Wassalamu'alaikum Wr. Wb.

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DISETUJUI

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PENGESAHAN UJIAN ARTIKEL PENYETARAAN SKRIPSI

No: B-2894/ln.28.1/O/PP.00.9/06/2024

Artikel dengan judul: PENERAPAN METODE PEMBIASAAN DAN BERNYANYI DALAM MEMBENTUK KARAKTER NILAI AGAMA DAN MORAL ANAK USIA DINI, disusun oleh: Intan Lestari, NPM: 2001040016, Program Studi: Pendidikan Islam Anak Usia Dini (PIAUD) telah diujikan dalam sidang artikel penyetaraan skripsi, Fakultas Tarbiyah dan Ilmu Keguruan pada hari/tanggal: Jum'at, 14 Juni 2024.

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Application of Habituation and Singing Methods in Forming Character Religious and Moral Values in Early Childhood

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DOI: 10.31958/jies.v4i1.12287

Article info

Abstract

Article History

Received:

14/05/2024

Accepted:

20/05/2024

Published:

31/05/2024



Corresponding author

This research aims to describe the process of character formation with religious and moral values through habituation and singing methods. The approach used in the research is descriptive qualitative with data collection techniques of observation, interviews and documentation. Data analysis which includes data reduction, data presentation, and drawing conclusions. Testing the validity of the data uses triangulation techniques, namely technical triangulation and source triangulation. The results of the research show that the habituation and singing method allows children to directly model what they can and cannot do. So that children get used to doing something that is good and easy to remember or sticks in the child's memory and will become a habit that forms character, religious and moral values. These two methods also make learning activities more interesting, not boring and monotonous for children.

Keywords: *Methods of habituation and singing, Religious and moral values, Early childhood.*

Abstrak

Penelitian ini bertujuan untuk mendeskripsikan proses pembentukan karakter nilai agama dan moral melalui metode pembiasaan dan bernyanyi. Pendekatan yang digunakan dalam penelitian adalah deskriptif kualitatif dengan teknik pengumpulan data observasi, wawancara, dan dokumentasi. Analisis data yang meliputi reduksi data, penyajian data, dan penarikan kesimpulan. Uji keabsahan data menggunakan teknik triangulasi yaitu triangulasi teknik dan triangulasi sumber. Hasil dari penelitian menunjukkan bahwa metode pembiasaan dan bernyanyi membuat anak bisa mencontoh secara langsung hal yang boleh dilakukan dan tidak boleh dilakukan. Sehingga anak terbiasa melakukan sesuatu yang baik serta mudah diingat atau melekat dalam ingatan anak dan akan menjadi sebuah kebiasaan yang membentuk karakter nilai agama dan moral. Kedua metode tersebut juga membuat kegiatan pembelajaran menjadi lebih menarik, tidak membosankan dan monoton bagi anak.

Kata Kunci: Metode pembiasaan dan bernyanyi, Nilai agama dan moral, Anak usia dini.

INTRODUCTION

Alpha generation children are children born in the period 2010-2025, during this time the digital world has developed increasingly rapidly (Suparno, 2022). They have the characteristics of being the most educated generation, very intelligent, and a more prosperous generation compared to previous generations. One of the characteristics of the

alpha generation is that they were born as digital natives or digitally literate from a very early age, they are already familiar with gadgets, smartphones and various advanced technologies, and have even been familiar with technology since before they were born (Nurhasanah & Indrajit, 2021). On the other hand, technology can provide positive benefits as well as negative impacts (Andriani et al., 2022). For example, data from the Central Statistics Agency (BPS) shows that almost half of young children in Indonesia will be able to use mobile phones (HP) or gadgets, as well as access the internet in 2022. In total, there are 33.44% of young children in Indonesia who use a cellphone or wireless device. Meanwhile, 24.96% of young children can access the internet (Maya, 2024). These facts prove that the development of the digital era is very fast and young children are already using it. The negative impact of frequent use of cellphones from an early age causes children to become addicted to gadgets, exposed to pornographic content, and children are vulnerable to stress or psychological burdens due to seeing or hearing something that is not their time. In this condition, digital era education must be accompanied by character education from an early age.

Awareness of the importance of a quality next generation requires that we seriously equip children with good character education and make education the main foundation in building a civilized society (Syamsy & Zamroni, 2023). herefore, serious efforts are needed to handle and prevent negative impacts on the nation's future generations by instilling aspects of religious and moral values from an early age because they relate to children's character, habits and readiness to implement good behavior in living their daily lives. Religious and moral education is an important foundation for early childhood education. If children have good religious and moral values from an early age then children are able to reach developmental maturity well (JS et al., 2022). Religious character preparation given to children from an early age can be obtained in formal education, namely Early Childhood Education (Sakerani et al., 2023). One of the learning principles of early childhood education is playing while learning, in fun situations using materials, materials, methods, strategies and media that are interesting and make it easier for children to follow (Mahdaleni & Hadiyanto, 2022). Using appropriate methods that suit the child's character will be able to facilitate the development of potential so that positive behavior develops in children.

Several technical methods that can be applied to young children include the habituation method, storytelling method, singing method, and field trip method (Siswanto et al., 2019). The habituation method in education is very important, because psychologically, young children often imitate the behavior or figures they idolize, namely educators. Because of this, any knowledge or actions obtained through habituation will be very easy for young children to understand. Through the habituation method, it is hoped that it will be able to educate children to behave according to the teachings of the Islamic religion. As children get older, they will know how to behave towards God, each other and the environment (Oktaviana et al., 2022). Apart from that, the singing method is also a method that is very popular with young children. By using the singing method,

children can be given songs that contain moral values and through singing this will be able to shape the child's character to become moral (Marwiyah & Wahyuni, 2023).

This research will review the formation of character, religious and moral values in early childhood in preventing the negative impact of the development of digital technology through the habituation and singing learning methods implemented by the RA Istiqoh Ratna Daya educational institution. This school was chosen as the research object because it is a strong representation of RA educational institutions that develop religious and moral values. This research aims to describe how important it is to form the character of religious and moral values through habituation methods and singing methods and how the process of applying habituation and singing methods in forming the character of religious and moral values of early childhood is applied at the RA Istiqoh Ratna Daya school. provides an illustration of the importance of instilling religious and moral values through habituation and singing methods for character formation in children aged 5-6 years who are the alpha generation.

Much research has been conducted on the importance of cultivating religious and moral values from an early age, however, it emphasizes the use of separate learning methods. As in the research entitled "Forming Children's Character with the Concept of Moral and Religious Values" which discusses the formation of character with the concept of religious moral values through coaching and habituation (Sukiram, 2020). "Application of the Singing Method in Developing Moral Religious Values in Early Childhood in Early Childhood Education Institutions" discusses the singing method to foster moral religious values in early childhood (Mukti et al., 2023). "Methods of Instilling Moral and Religious Values in Early Childhood at Early Childhood Education Ummul Habibah Kelambir V Kebun Village" which discusses the use of various learning methods to instill moral and religious values through storytelling, habituation, example and singing (Widya & Munisa, 2019). Based on the presentation of previous research, there has been no similar research discussing two learning methods at once, namely the habituation and singing methods in forming the character, religious and moral values of early childhood.

Forming the character of children's religious and moral values through habituation and singing methods can be an alternative to equip the alpha generation to be technologically literate from an early age and can be a direction and reference for the actions taken by children. Forming the character of religious and moral values in early childhood can be done using several methods, such as the habituation method by example and repetition, and the singing method that has been implemented by the teacher. These assumptions and arguments become the researcher's hypothesis and convince readers that the formation of character, religious and moral values can be done through several methods such as habituation and singing methods, because the more creative and varied a method is, the more effective it is expected to be in achieving learning goals according to the characteristics.

METHODS

This research was carried out in Ratna Daya village, Raman Utara District, Lampung Timur Regency. The time for conducting the research starts from April to May 2024. This research is held at the PAUD Institute RA Istiqoh Ratna Daya Lampung Timur. The subjects of this research consisted of the principal, 2 class teachers and 32 students. Sampling was carried out using qualitative descriptive research. The data collection techniques applied in obtaining information are observation, interviews and documentation techniques. The researcher first conducted interviews and then carried out observations for approximately one week regarding the habituation and singing methods applied at RA Istiqoh Ratna Daya.

Data analysis in this research was carried out during data collection and after data collection was completed within a certain period. There are several steps taken so that this research can be completed well, including the data analysis technique of the Miles and Huberman model, which states that activities in qualitative data analysis are carried out interactively and continue continuously until completion, so that the data is saturated. The activities used in data analysis are data reduction, data presentation and drawing conclusions. Researchers collect data regarding research topics relating to the process of implementing habituation and singing methods, the steps taken by teachers in designing activity programs, collecting observation notes, data regarding school information, child data, and things that can be used as references in research.

After the data is collected, the researcher reduces the data. The researcher carries out the process of data selection stages, from the large amount of data that has been collected. Researchers select important data that is appropriate to the research topic which will be used later as a reference. The data source chosen is related to the research topic, namely the application of habituation and singing methods with child development achievements which focus on character formation, religious and moral values in children. After the data has been selected correctly, the researcher presents the correct data in this research. The researcher presents the data that has been obtained in the form of a simple report which has been arranged systematically to simplify the research process. After that, draw conclusions, namely drawing conclusions from the data that has been reduced into a report systematically, by connecting and selecting data that leads to solving the problem and answering the problems and goals to be achieved.

RESULTS AND DISCUSSION

The development of religious morals is closely related to character, good manners, and becomes a guideline in implementing religious teachings in everyday life. Therefore, early childhood should be based on the principles of developing religious and moral values to help children instill thoughts, morality and behavior in accordance with religious teachings and norms used in society (Khaji et al., 2020) and form individuals who are more caring, tolerant, and responsibility (Nuruzzaman et al., 2023). Children who are given a solid foundation of religious and moral values from an early age will be able to

have good character. Because character is the innate heart, soul, character, behavior, character and character (Rofi'ie, 2017). Character will be formed from activities that are carried out repeatedly and become a habit. These habits will stick and become a person's character (Lestari & Handayani, 2023).

To create an optimal teaching and learning environment, teachers need to prepare teaching methods and learning resources that are appropriate to the child's developmental stage, thereby instilling positive effects and fostering a pleasant learning experience (Asril et al., 2023). Schools are the second educational institution after the family which plays an important role in instilling life values in children. There are only two RA (Raudhlatul Athfal) early childhood education institutions in Raman Utara subdistrict, Lampung Timur district, one of which is the RA Istiqoh educational institution in Ratna Daya village. Every educational institution definitely has a different mission and vision. Educational institutions in instilling religious and moral values in each child also have different ways and methods. However, we still have the same goal of building a generation that has a good understanding of religion and morals. As an effort to optimize the character of children's religious and moral values, RA Istiqoh uses several learning methods, and the more dominant ones used are the habituation method and the singing method.

On this occasion the researcher conducted interviews and observations at RA Istiqoh Ratna Daya. As a result of the interviews and observations that have been carried out, the researcher explains the application of habituation and singing methods in forming character with religious and moral values as follows:

The habituation method is an activity carried out regularly and continuously to train children to have certain habits, which are generally related to the development of children's personalities such as emotions, discipline, character, independence, adjustment and living in society. The habituation method is also a very effective method used to instill character in early childhood (Paramitha, 2023). The things that RA Istiqoh teachers need to prepare in using the habituation method include: **First**, making a design or program of habituation activities that will be given to children regarding religious and moral values. The RA Istiqoh school principal discussed with the class teachers and then sorted and chose suitable habits according to the developmental aspects of children aged 5-6 years. After that, the activities that will be carried out are recorded and the time for the activities is arranged according to the theme that will be carried out. Through the existing development achievement level standards (STPPA), teachers are based on designing learning, the learning process, and assessing learning which aims to develop and look at aspects of early childhood development, one of which is religious and moral values (Wahyuni, 2020).

Second, provide an explanation and at the same time provide an example or example to the children. When you want to give your child an understanding of what they can do and what they can't do. As a teacher, you must also provide good examples directly or in children's lives so that they can be imitated, because children are good imitators, so

everything they see and hear will be remembered and applied in their lives. Therefore, children need to see and hear good habits and examples (Marwiyati, 2020).

Third, provide repeated habituation. Habituation carried out repeatedly is a process of forming attitudes and behavior that is relatively permanent and automatic through the learning process (Jasmana, 2021). Therefore, teachers provide routine, scheduled, continuous and consistent activities every day so that children get used to doing something good without needing to be ordered by the teacher.

Fourth, coordinate with parents regarding the implementation of each activity. The class teacher conveys to parents that there should be cooperation between parents and teachers so that the school activity program is carried out well. The teacher does this by communicating via WhatsApp group. If there are parents of children who don't really understand, they can meet the teacher directly at school. Partnerships between parents and teachers are very necessary in all educational environments, especially Early Childhood Education (PAUD) centers. Because at this stage children begin to develop their character through attitudinal, moral, social, emotional and religious development. The development of these values can be achieved well if there is harmony between children's education at home and at school, which of course cannot be separated from the responsibilities of parents and teachers. dan guru.

These four stages have been implemented by the teacher to make it easier to use the habituation method at school. The habituation process that is carried out every morning is that when children arrive at school they are taught to put their shoes neatly on the shelf, put their bag on a hanger, then shake hands with the teacher. When learning begins, children say hello to the teacher and vice versa. The next activity is praying before studying and memorizing the Asma'ul Husna together. After that, memorize short letters starting from al-fatihah to al-adiyat. Then memorize a short prayer about eating, after eating, drinking water, drinking milk, drinking sweets, entering and leaving the bathroom, looking in the mirror, getting on a vehicle, entering and leaving the mosque, intending to perform ablution, intending to fast and breaking fast, and the prayers of both parents. The next memorization is about the hadith of prayer, cleanliness, compassion, don't be angry, the prohibition on drinking while standing, and the hadith of heaven under the mother's feet.

When entering learning time, children are accustomed to saying Bismillah before doing the assignment given by the teacher, then the children take turns taking stationery and working on the assignment until it is finished. When entering break time, children are accustomed to immediately standing near the bag hanger to pray and take food, wash their hands before eating and drinking. Then the children get used to carrying a rubbish box and put it close to where the children sit to eat, so the rubbish is thrown away straight away. After the learning activities are finished, children are taught to get used to wearing neat clothes while covering their private parts. Women wear a headscarf and men wear a cap. In closing, before the children go home, they are invited to recite istighfar while

closing their eyes, ears, chest and wiping their hands and feet. After that, clean up the study area, read prayers, shake hands and say hello.

Spontaneous activities carried out with the aim of further increasing children's appreciation of good values that emerged based on real events, and emerged at that time. For example, children must be honest in their words and deeds, ask for help when they need help, apologize when they make a mistake, express gratitude for what they have, be grateful when they are given something, say excuse themselves when they pass by, and when called they must answer politely, especially with someone older. old. There are also annual activities that are carried out regularly, namely every month of Ramadan, children are taught to practice fasting, then after Eid al-Fitr, children do the halal bihalal event and when approaching Eid al-Adha, children practice the Hajj pilgrimage. Apart from that, there is also a routine activity once every semester, namely learning to give alms. Teachers coordinate with parents so that children are given money sincerely to give alms. The process of the activity is that the teacher prepares a cardboard box and then the children line up and take turns putting money into the charity box. The money that has been collected is given to help relatives who are in need, such as the Palestinians currently. Here children are taught to love each other and their creator and to have a sense of tolerance in the child's soul.

Through these programmed activities which have been implemented in the teacher's syllabus, both for short and long periods of time, namely one day, one week, one month or one semester. So the use of this habituation method is one of the more dominant methods applied. Apart from that, the second method is the singing method. Singing is a real learning approach that can make children happy and happy. Children are directed to situations and psychological conditions to build a happy soul, enjoy enjoying beauty, develop feelings through expressions of words and tones. Things to prepare in applying the singing method in learning: **First**, determine the song according to the learning theme. In learning, children's songs can be used as a means to convey messages or lesson material. Conveying messages through the use of songs must be adapted to the material to be taught. Because songs are a variation in the delivery of learning by teachers so that children do not feel bored with learning which tends to be monotonous (Wahyuningsih, 2017).

Second, choose songs that contain messages of religious and moral values. Children's songs which contain moral messages are a way to shape children's character. And it can help a child's psychological development by inserting it into the song. Educating a child through songs will be more effective because through music it will be easier for the child's brain to interpret and will tend to last longer in his memory.

Third, choose an interesting and simple song. Because singing is something that children love. Choosing a song tone that is easy for children to understand is an important element, because not all songs can be used as learning models. By choosing songs that are simple and easy to pronounce, it will also attract children's attention, increase their enthusiasm for learning and make it easier for them to remember the lesson. Apart from

that, so that learning does not become monotonous and boring, choosing interesting songs and song lyrics can form a soul with character (Aulia et al., 2022).

Fourth, give the song to the child while demonstrating it and explaining the meaning of the song. The teacher practices it first by singing it. This is intended so that children can easily participate in learning activities. The teacher introduces the song to be sung to the students and gives an example of how the song should be sung. In this step the teacher plays an important role where the teacher becomes a model to practice first and then the child can easily imitate and follow what the teacher has done. In introducing the song that will be given to children, teachers can also provide children with an understanding of the meaning contained in the song's lyrics (Marwiyah & Wahyuni, 2023). Other than using body movements, you can practice through audio-visual displays. The following are songs given by teachers to children to shape their character, religious and moral values:

Table 1. RA Istiqoh Ratna Daya songs

Mars RA Istiqoh	Promise RA Istiqoh
RA Istiqoh School Uphold noble morals The Koran is a guide Prepare an Islamic generation At RA Istiqoh 2x Yess...	We are the sons and daughters of RA Istiqoh We promise to Allah and my love for the holy Koran We testify One is devoted to Allah SWT. Dua is filial to father and mother Third, respect the teacher Four mutual friends Five studied seriously Every day at kindergarten is fun Wherever RA istiqoh is happy, my heart is happy, whoever likes it, laugh haha..
My Religion	Home School Promise
Who is your god and what is your religion Who is your prophet and what is your book? My God is God, my religion is Islam My prophet is my prophet Muhammad, my book is the Qur'an	Change clothes, take off shoes Wear sandals, wash your feet, wash your hands and then eat Don't forget to rest and pray Noon prayer, Maghrib, Isha, and Fajr At night, don't forget to study
Tayyibah Sentence	Righteous child
When I'm happy.. 2x alhamdulillah	A pious son of Allahu Akbar 2x

When I forget.. 2x astaghfirullah	A righteous child with a clean heart and a healthy body
When you promise.. 2x inshallah	Smart children study hard
When I'm sad.. 2x hasbunallah	Close your eyes istighfar
Subhannal, subhanallah, the holy god	astaghfirullahalladzim
Allahu akbar.. Allahu akbar, God is great	May our sins be forgiven by Allah swt today. Amen yarabbal alamin

Pat the Pillars of Faith

Pillars of Islam

There are 6 pillars of faith	Say the first pillar of Islam, the shahada
One faith in God	Say the second pillar of Islam is prayer
The second is faith in God's angels	The third is fasting, the fourth is paying zakat
The third is faith in the books of God	The five went to Hajj by hussss plane twice...
The fourth is faith in the messengers of God	
The fifth is faith in the Day of Judgment	
The sixth is faith in qada and qadar	
Say the first pillar of faith... 2x	

10 Angels of God

Four Characteristics of a Prophet

10 angels of God that we must know 2x	There are four characteristics of the prophet
Jibril delivers revelations, mikail distributes sustenance, isrofil trumpeter preett..	Muhammad
Izrail the destroyer of lives, the wrongdoer asks questions in the grave, Rakib the recorder of good deeds, Atid the recorder of bad deeds, Malik the gatekeeper of hell, Ridwan the gatekeeper of heaven	Sidiq trusts fatonah and tabligh Sidiq is true, trustworthy, Fatonah is smart, Tabligh said

This collection of Islamic song lyrics is given every day and used as a habit by teachers so that children can easily remember and apply them in everyday life. Learning the song Mars RA Istiqoh is used as a characteristic of children who uphold good morals, the Koran as a guide to life and teaches children to be ready to become the nation's next generation with good religious morals. Learning the RA Istiqoh promise song teaches children to be able to carry out their promises to themselves and to Allah to avoid prohibitions and carry out his commands, and children are taught to have good manners towards parents, teachers and love their friends. My religious songs are taught to children so that children know the religion they follow, namely Islam. The song of the four characteristics of the prophet is an example or role model that children can imitate and

can foster a feeling of love for Allah's apostle. These four songs are played before the learning activities begin.

The songs that are given at the end of the learning activity before closing include a promise song to return to school taught to the children so that when the child returns from school, he will immediately return home by cleaning himself, having enough rest, studying at home and having to perform the five daily prayers. Tayyibah sentence songs are taught so that children always say good sentences in any situation and get a reward. The song of anak soleh gives an example that a pious child has a clean heart, studies diligently and always cleans himself up asking God for forgiveness by beristighfar. The song of applause for the pillars of faith forms the basis for religion and introduces children as Muslims to the things that must be believed or believed in. Islamic songs provide learning for children to carry out the worship commanded by God in their daily lives. The song of 10 angels of God is taught to children as a form of believing in the existence of angels and so that children understand the duties of angels that there are those who supervise the actions of children in their daily lives. Through the introduction of each Islamic song that is given can show a good moral impact and the delivery of different religious values that are given to children. Not only by memorizing songs, but children can also answer questions asked by the teacher regarding religious and moral values.

CONCLUSION

The habituation method and singing method have proven to be effective in forming the character of religious and moral values in early childhood at RA Istiqoh Ratna Daya. The habituation method is applied to worship activities such as prayer, fasting, reciting the Koran, almsgiving, and daily good deeds such as greetings, smiling, maintaining cleanliness, covering the private parts, and praying before carrying out activities. Meanwhile, the singing method is applied to children's good manners or behavior, such as saying good sentences (tayyibah sentences), having good qualities like Allah's apostle, studying diligently, loving friends, respecting parents and teachers. Apart from that, it is also applied to children that in religion they must believe and believe in the existence of the pillars of faith, the pillars of Islam, and the angels of God as a guide for children in carrying out good deeds. These two methods make the activities carried out more interesting, not monotonous and boring for the child and easy to remember or easily stick with the child. Thus I wrote this research article, and I realize that this article still has many shortcomings, therefore I as a researcher really hope for constructive criticism and suggestions from all readers in order to improve this research article and also for sustainability for future researchers.

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