

## **CHARACTER FORMATION IN EARLY CHILDHOOD THROUGH THE HABIT OF DHUHA PRAYER ON MORALS AND RELIGION IN EARLY CHILDHOOD EDUCATION**

**Dinar Azzahra<sup>1</sup>, Husnul Hotimah\*<sup>2</sup>, Siti Fadhillah Azzahra<sup>3</sup>, Andri Hardiyana<sup>4</sup>**

<sup>1234</sup> Universitas Islam Negeri Syekh Nurjati Cirebon, Indonesia

<sup>\*</sup>Email: husnulhtmhh18@gmail.com

Submitted: December 17, 2024

Accepted : January 20, 2025

Published: April 30, 2025

### **Abstract**

Formation of Early Childhood Character through the Practice of Dhuha Prayer on Morals and Religion in PAUD. This research aims to analyze the impact of the habit of Dhuha prayers on the development of religious character in early childhood. The research method used was descriptive qualitative, with observation, interview and documentation techniques in one PAUD in the 5-6 year age group. The practice of Dhuha prayers is carried out regularly using a hands-on practical approach, including teaching the procedures for worship, reading prayers and memorizing short letters. The research results show that the habit of Dhuha prayers has a significant impact on children's character development, especially in the aspects of discipline, responsibility and religiosity. Children become more organized in managing time, understand religious obligations, and internalize religious values in everyday life. Despite facing challenges such as children's low concentration, support from teachers and parents succeeded in creating a conducive environment. This research concludes that the habit of Dhuha prayers in PAUD is an effective strategy in forming children's religious character from an early age, which functions as a strong moral foundation for their future lives.

**keywords: Early Childhood, Dhuha Prayer, Habituation, Moral, Religion**

### **Abstrak**

Pembentukan Karakter Anak Usia Dini Melalui Pembiasaan Sholat Dhuha Terhadap Moral dan Agama di PAUD. Penelitian ini bertujuan menganalisis dampak pembiasaan salat Dhuha terhadap perkembangan karakter religius anak usia dini. Metode penelitian yang digunakan adalah deskriptif kualitatif, dengan teknik observasi, wawancara, dan dokumentasi di salah satu PAUD kelompok usia 5-6 tahun. Pembiasaan salat Dhuha dilaksanakan secara rutin dengan pendekatan praktik langsung, meliputi pengajaran tata cara ibadah, pembacaan doa, dan penghafalan surat pendek. Hasil penelitian menunjukkan bahwa pembiasaan salat Dhuha memberikan dampak signifikan terhadap perkembangan karakter anak, terutama dalam aspek disiplin, tanggung jawab, dan religiusitas. Anak-anak menjadi lebih teratur dalam mengelola waktu, memahami kewajiban ibadah, dan menginternalisasi nilai-nilai agama dalam kehidupan sehari-hari. Kendati menghadapi tantangan seperti konsentrasi anak yang rendah, dukungan dari guru dan orang tua berhasil menciptakan lingkungan yang kondusif. Penelitian ini menyimpulkan bahwa pembiasaan salat Dhuha di PAUD adalah strategi efektif dalam membentuk karakter religius anak sejak dini, yang berfungsi sebagai landasan moral kuat untuk kehidupan mereka di masa depan

**Kata Kunci: Anak Usia Dini, Sholat Dhuha, Pembiasaan, Moral, Agama**

## INTRODUCTION

Early childhood is a very valuable period, also known as the golden age. In this phase, the child's brain's ability to absorb information is at its peak, so every piece of information provided can have a significant impact on their future development. This age, which typically ranges from 0 to 8 years, is a time when growth and development occur rapidly in various aspects of life, including cognitive, linguistic, physical-motor, social-emotional, artistic, and moral and religious. Therefore, it is important to give special attention and appropriate stimulation during this golden age so that children can grow and develop optimally (Hasanah & Fajri, 2022).

Children undergo rapid development in various fields, such as cognitive, physical, motor, social-emotional, moral, and mental. To support this developmental process, parents and educators have a great responsibility to provide positive stimulation. This can be done through the creation of a conducive environment and education based on moral and religious values. Character formation through moral education is very important for children to be able to adjust to the social environment around them. Therefore childhood can be referred to as a golden age for the development of various aspects of life, including physical, cognitive, as well as social and emotional development, which also play an important role in character formation. A person's character can develop well if it gets a positive boost, while a negative boost can lead to the formation of a bad character. This happens because early childhood tends to have a spontaneous attitude and is not yet fully mature (Latifah, 2020)

In Indonesia, education of moral and religious values is a vital element in the early childhood education curriculum. Through consistent habits, such as the implementation of the Dhuha prayer, these values are instilled gradually (Muqorrobin Et al., 2023). Dhuha prayer can develop children's spirituality, but it also contributes to forming positive attitudes such as honesty, discipline, and a sense of responsibility. The habit of worship from an early age has great potential to build a positive character that will be attached to children until they grow up. So the preschool period is very important for children to develop all their development with the help of people around them. The character of education is an effort to educate children to be good people in daily life and to be positive people in their environment. It is closely related to

character building. At this time, parents and educators play an important role in helping children develop attitudes, skills, knowledge, and creativity, as well as paying attention to their personality development. This process takes place in conjunction with character education, all of which aim to enable children to learn to adapt to the environment around them. Realizing the realm of morals in education is very important for the development of educational character. According to the perspective of content, the character of education must be manifested in all curriculum materials from various disciplines taught in schools. The school environment is one of the best places to shape the character of every child. The school forms children who are honest, religious, true love, and other characters. (Irhamna & Purnama, 2022)

In the Early Childhood Education (PAUD) program, the teaching of moral and religious values plays a very crucial role and becomes a solid foundation for the sustainability of the program. This is a good first step in human education. In Indonesia, religious and moral values are highly upheld by the community. According to these noble values, it must provide spiritual inspiration for the country to apply other Pancasila values. Early childhood morality is a process by which young children begin to develop moral values and principles. During this time, they learn to understand the difference between good and bad, realize their rights and responsibilities, and develop empathy and a sense of morality in their daily actions. Teaching children moral concepts such as honesty, cooperation, and curiosity are essential for the formation of good morals in the future. Morality refers to moral behavior, and education serves to maintain morality in the development of the order of human life. The role and function of morality is crucial in the development of this order. Moral value education should start in the nearest environment, and can even be taught from an early age (Rahmasari Et Al. , 2023). This helps individuals to behave and behave according to their level of maturity and teaches individuals noble values. It is very important for children to acquire knowledge of religious and moral principles. Children, both those living in cities and in villages, should get this education. Educators are responsible for instilling religious and moral values in their children, especially in terms of worship, prayer, and respect for others. This debriefing is useful for children in fulfilling the provisions of nature that are embedded in them. (Aisy & Muzakki, 2024)

Habituation is a process that involves a series of actions that are performed repeatedly. This causes each individual to behave, think, and act in accordance with the goals that have been set. In the school environment, the habituation process aims to develop students' attitudes and behaviors consistently, both inside and outside teaching and learning activities (Lasmi Et Al. , 2024). In carrying out the Dhuha prayer routinely, it has a very positive impact such as increasing concentration and refreshing children's minds. This activity also plays an important role in restoring true divine intentions, as well as cleansing the mind and heart of negative intentions and ambitions. Performing Dhuha prayers regularly can increase mental concentration, so that a person will be better able to face various problems and achieve satisfactory academic achievements The congregational Dhuha prayer program aims to instill religious values in children because it can indirectly foster religious spirit and unity through the implementation in the duha prayer school itself has virtues, even though one's sin reaches the ocean, Given by Allah Subhanahu wa Ta'ala, through obedience, consistency, and distinctive religious values, this goal is to create a positive and quality environment in schools (Sunarti, 2019).

Previous research, such as that conducted by , reveals that moral and religious education in early childhood has a crucial role in the formation of their character, abilities, and self-adjustment in the social environment. The process of instilling these values is carried out through the creation of a supportive environment and consistent worship habits in schools. This helps children to develop a positive personality. In line with that, the latest research adds new insights by showing the successful implementation of religious character education through the habituation of Dhuha prayer in the context of formal education (Zahroh, 2022) . This shows that children are able to apply the religious values taught at school in their daily lives, both at home and in their social interactions. They become more obedient to the teacher's commands, actively answer, and participate in various learning activities, both in the classroom and outdoors. (Hasanah & Fajri, 2022)

This study offers novelty by describing the real impact of worship habituation on the development of early childhood religious character. By linking the findings of previous and recent research, we can conclude that the habit of Dhuha prayer consistently has a significant impact on the formation of children's religious character.

Not only learning to pray, but also internalizing the values of honesty, discipline, and responsibility that are the foundation for the formation of positive character in the future.

The purpose of the study is to analyze the application of the habit of dhuha prayer in the development of early childhood personality, especially in moral and religious aspects. This statement shows how the habit of Dhuha prayer helps instill religious values in children such as honesty, discipline, a sense of responsibility, and obedience to religious teachings. In addition, this study provides an understanding of the importance of the habit of worship from now on as part of moral education in children so as to help shape children's character in a better direction in the future. Therefore, this study aims to find out the extent to which the habit of dhuha prayer can increase moral and religious values in early childhood and how the dhuha prayer is taught and practiced in the child, the point of this study will also find out the changes in children's behavior and attitudes after being used to performing the dhuha prayer and measure their understanding of moral and religious values after being used to performing the dhuha prayer.

## **METHODS**

This study uses a qualitative descriptive approach by carrying out observations in the field through the interview method. This research was carried out in one of the PAUD in group B with an age range of 5-6 years, using data collection techniques, namely through question instruments, documentation, and by analyzing Early childhood character formation carried out through the habit of Dhuha prayers related to the development of morals and religious values. The research instruments used consisted of interview guidelines for teachers, observation sheets related to learning activities and photo and video documentation of dhuha prayer activities.

The data obtained from observations, interviews and documentation will be systematically re-analyzed. The results of the analysis were used to formulate the findings and conclusions in this study. In this study, the researcher followed the principles of research ethics, both in obtaining permission from the relevant educational institution, maintaining the confidentiality of the child's identity, and asking for approval from the teacher before being involved in the research.

## RESULT AND DISCUSSION

The imposition of moral values and religious teachings in childhood is very important, considering that at this age children tend to absorb good principles more easily. In this period of rapid development, children have a great ability to optimize their potential. Implementation is one of the steps that can be considered by conditioning themselves to carry out worship regularly, such as Dhuha prayers in congregation. Dhuha prayer is a form of non-mandatory worship that is recommended by the Prophet Muhammad PBUH to be carried out. The scholars explained that through the implementation of the Dhuha prayer, both in two rak'ahs and four rak'ahs, or more, it has its own specialties and virtues. ( Ariani et al., 2023) . Children will get the privilege of praying Dhuha is also explained in the holy book of Muslims, the Qur'an, precisely in Surah Adh-Dhuha, verses 1-5. (Harahap, 2024) It has been proven to be effective in instilling moral and religious values, as well as character formation in early childhood carried out in early childhood through Dhuha prayer for moral and religious formation, where character formation is a process to hit positive values such as courage, honesty, discipline, patience, cooperation and responsibility as well as compassion. Character formation in early childhood takes time through habituation of values and morals. It is necessary to carry out spiritual activities regularly and regularly so that it can become a positive habit for children. (Intercession, 2021) (Setiawati, 2020)

Activities in PAUD, Dhuha prayer has become one of the flagship programs in the context of character development in early childhood, this activity is scheduled to take place every Wednesday and Friday at 08:00 WIB. The activity will continue with religious activities at 10.00 WIB. The teachers prepare learning materials which include the procedure for Dhuha prayer, prayer movements, the number of rak'ahs, prayer prayers, and dhikr. Children are encouraged to bring prayer mats from their respective homes. Through hands-on practice, children can understand the importance of Dhuha prayer and perform the worship well. The learning process and methods used in Dhuha prayer activities prioritize useful practical experiences.

The teacher begins the learning activity by inviting the children to pray together, followed by singing a song while clapping their hands. After that, he

explained the procedure for Dhuha prayer. Prayers are carried out in congregations, accompanied by boys. After prayer, children are invited to read dhikr, prayers, and pray together. In closing, they were invited to memorize short letters such as Al-Falaq, daily prayers, and short hadiths. To motivate the children's enthusiasm, a method of rewarding them in the form of stickers, snacks, or early permission to go home is applied, so that the children feel appreciated for their efforts (Stuttgart & Farihah, 2020)

Introducing Dhuha prayer in early childhood has many valuable benefits, including: (1) forming discipline in time management, (2) developing leadership attitudes in children when leading prayers, (3) fostering awareness of the importance of protecting the environment, such as not wasting water during ablution, and (4) teaching patience in queuing when waiting for the turn of ablution. This practice helps children to be more focused when worshiping, gets them used to memorizing prayers and prayer readings, and forms religious character that includes discipline, responsibility, and cooperation. With consistency in performing prayers, children can develop positive habits that will be reflected in their daily lives, including how to respect friends and maintain order. (Basri, 2019) According to Ubaid Ibn Abdillah, the procedure for the dhuha prayer begins with ensuring the purity of the small and large hadas through perfect ablution. After that, stand in a holy place while facing the Qibla. 1) intend to perform the dhuha prayer, 2) recite the iffatih prayer followed by surah Al-Fatihah. 3). After reading Al-Fatihah, recite one of the letters from the Qur'an 4) it is recommended to recite short surah such as Adh-Dhuha in the first and second rak'ahs. 5) do rukuk 6) stand up straight again (i'tidal) 7) After i'tidal, prostrate with your forehead on the floor 8) sit between two prostrations 9) do the second prostration. 10) At the second rak'ah, sit down for the final tasyahud. 11) Ending by saying salam 12) Continued by reciting a special prayer after the Dhuha prayer. (Islam Et Al., 2022)

In the habituation of Dhuha prayer in schools, there is a very significant impact in shaping the character of early childhood, especially in moral and religious aspects. This process is carried out regularly and in a directed manner, resulting in positive behavioral changes that are reflected in children's daily interactions. Through this activity, children are taught to understand and internalize positive values in shaping

character in children. 1) Discipline, Children become more regular in managing time, because they are used to performing Dhuha prayers regularly according to the schedule. It also trains them to understand the importance of punctuality in daily activities. 2) responsibility, They are taught to be responsible for worship equipment, such as bringing prayer mats from home, getting used to preparing their own prayer equipment and carrying out prayer movements correctly. This responsibility trains them to prepare themselves and keep their obligations well. 3) Religiosity, Through the Dhuha prayer, children get closer to religious values. They learn to read prayers, memorize short letters, and understand the procedures of worship. This activity helps them to be closer to religious values and make worship an important part of their lives. With consistent habituation, the characters displayed become part of the child's personality, internalizing the values contained in it that they will continue to carry with them into adulthood. Despite challenges such as children's low concentration levels, the support from teachers and parents managed to provide an environment conducive to their character development.

The implementation of Dhuha prayers in PAUD is faced with several obstacles, including the large number of children and the low level of child concentration. Children tend to be more active and enjoy playing, so it is difficult to focus when invited to pray dhuha. This is in line with the opinion that play is a natural activity for children to explore their surroundings. The role of parents in supporting character formation plays a very crucial role in supporting religious learning in children in the home environment. Providing examples of positive traits such as discipline in worship and creating a supportive atmosphere for children's religious will motivate them to imitate these positive habits. So parents can also remind their children to perform prayers and help them in memorizing prayers. With regular guidance, children are better able to implement punctuality in worship and better understand the importance of religious values in their lives. (Barnett, 1990)

According to Wahyuni and Purnama (2020), the family environment has a very significant influence on the formation of religious character in children. The support of both parents plays an important role in building good habits that will have an impact on the adult child. Through the habit of Dhuha prayer from an early age, children not

only learn to worship, but are able to internalize moral values that will become an important foundation in their lives in the future.

## CONCLUSION

The regular implementation of Dhuha prayers in PAUD has a significant impact on the formation of early childhood character, especially in moral and spiritual aspects. This activity not only introduces the practice of worship, but also instills positive values such as honesty, discipline, responsibility, and religiosity in children's daily lives. Through a fun and structured approach, children more easily absorb these values. Despite facing challenges such as low levels of child concentration, the role of teachers in schools and parental support at home are key factors in creating an environment conducive to character development. Therefore, the habit of Dhuha prayer has proven to be an effective method in shaping the morals and spirituality of early childhood.

## ACKNOWLEDMENT

Thank you to Universitas Islam Negeri Syekh Nurjati for providing a place for research.

## REFERENCES

- Aisy, N. R., & Muzakki, M. (2024). Hajj Manasik Assistance to Develop Religious and Moral Values in RA Ar-Raudhah Hamalit, Village. *Journal of Social Service*, 1(4), 199–204. <https://doi.org/10.59837/y47chb79>
- Ariani, F., Ali, M., & Asy'arie, B. F. (2023). <title/>. *Ri'ayah: Journal of Social and Religious Studies*, 8(2), 42. <https://doi.org/10.32332/riayah.v8i2.7591>
- Barnett, L. A. (1990). Developmental Benefits of Play for Children. *Journal of Leisure Research*, 22(2), 138–153. <https://doi.org/10.1080/00222216.1990.11969821>
- Basri, H. (2019). *Optimizing the role of proportional early childhood education teachers*.
- Harahap, M. R. (2024). The Influence of Sports and Health Physical Education on Early Childhood Body Fitness. *Ameera Journal of Science and Mathematics Education*, 1, 18–24.

- Hasanah, U., & Fajri, N. (2022a). The Concept of Early Childhood Character Education. *EDUKIDS: Journal of Early Childhood Education Innovation*, 2(2), 116–126. <https://doi.org/10.51878/edukids.v2i2.1775>
- Hasanah, U., & Fajri, N. (2022b). The Concept of Early Childhood Character Education. *EDUKIDS: Journal of Early Childhood Education Innovation*, 2(2), 116–126. <https://doi.org/10.51878/edukids.v2i2.1775>
- Irhamna, I., & Purnama, S. (2022). The Role of the School Environment in Early Childhood Character Formation in PAUD Nurul Ikhlas. *Journal of Child Education*, 11(1), 68–77. <https://doi.org/10.21831/jpa.v11i1.46688>
- Islam, U., Syarif, N., Jakarta, H., & Syakur, R. A. (2022). Implementation of Aspects of Religious and Moral Values in the Implementation of Dhuha Prayer at KB Faturrahman 1 Siti Alfaini. *Journal of Neurology*, 10(2). <http://jurnaltarbiyah.uinsu.ac.id/index.php/raudhah>
- Lasmi, R., Syamsi, B., & Jannah, S. R. (2024). Creative learning to instill religious and moral values in early childhood aged 5-6 years. *Journal of Education and Early Childhood*, 5(2), 22–44.
- Latifah, A. (2020). The role of the environment and parenting style in the formation of early childhood character. (*JAPRA*) *Journal of Education Raudhatul Athfal (JAPRA)*, 3(2), 101–112. <https://doi.org/10.15575/japra.v3i2.8785>
- Madiyanah, A. N., & Fariyah, H. (n.d.). *Improving Early Childhood Discipline Through Rewarding*.
- Muqorrobin, S., Kurniawan Iryanto, R., & Fathoni, T. (2023). Instilling Religious Values Through the Congregational Dhuha Prayer Program at Junior High School. *Global Education Journal*, 1(01), 1.
- Rahmasari, A., Mutiara, A. S., & Hidayati, S. (2023). Fostering religious values through the habit of dhuha prayer in early childhood. *Tarbiyah Suska Conference Series*, 4–5.
- Setiawati, R. (2020). The Formation of Early Childhood Religious Character in Religious Habituation Activities at Bina Insan Mandiri School Kindergarten, Purwokerto, Banyumas Regency by. *Thesis*, 1.
- Sunarti, D. (2019). *Religious character development through the habit of dhuha prayer and tahfidz al-Quran MTsN 1 Bengkulu*. 130.
- Intercession, M. martyr. (2021). The Formation of Religious Character in Early Childhood: A Study on Ra Al Wafa, Ambulu Village, Sumberasih District, Probolinggo Regency. *Al-Manar*, 10(2), 1–11. <https://doi.org/10.36668/jal.v10i2.275>
- Zahroh, R. S. (2022). *Internalization of Religious Character Values Through Dhuha Prayer for Early Childhood at TKIT 1 Qurrota A'yun Ponorogo*. <https://ejournal.iainponorogo.ac.id/index.php/kindergarten/index> |