



Implementation of *Qailulah* to Increase the Learning Concentration of VIIIA Students at SMPIT Al-Ridwan Karawang (Case Study: SMPIT Al-Ridwan Karawang Regency)

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Abstract

This research focuses on the application of *qailulah* as a strategy to increase student learning concentration. This research method uses a qualitative case study approach. This research was conducted at SMPIT Al-Ridwan. The main data source in this research was obtained from interviews with teachers at SMPIT Al-Ridwan Karawang, interviews with class VIII A students, as well as direct observations by researchers at SMPIT Al-Ridwan Karawang. Apart from that, data sources in research are also obtained from data and documentation. Meanwhile, for the analysis, researchers used descriptive analysis, namely in the form of data reduction, data presentation and verification. The research results show that: (1) the *qailulah* method significantly increases students' learning concentration. Students who have participated in *qailulah* show more enthusiasm in learning than those who have not carried out *qailulah*. (2) The implementation of *qailulah* is able to make class VIII A students concentrate more during the learning process, because *qailulah* makes students not fall asleep again during learning. (3) The supporting factors are when the school has more knowledge with supporting facilities and infrastructure, is able to expedite the process of implementing *qailulah*, and the factor of supporting students towards *qailulah* activities carried out at school.

Keywords: Learning Effectiveness, Learning Concentration, *Qailulah*

Abstrak

Penelitian ini berfokus pada penerapan *qailulah* sebagai strategi untuk meningkatkan konsentrasi belajar siswa. Metode penelitian ini menggunakan pendekatan kualitatif studi kasus. Penelitian ini dilakukan di SMPIT Al-Ridwan, Sumber data utama dalam penelitian ini diperoleh dari wawancara dengan guru di SMPIT Al – Ridwan Karawang, wawancara dengan siswa kelas VIII A, dan observasi langsung oleh peneliti di SMPIT Al – Ridwan Karawang. Selain itu, sumber data dalam penelitian juga diperoleh dari data dan dokumentasi. Adapun untuk analisis, peneliti menggunakan analisis deskriptif yaitu berupa reduksi data, penyajian dan verifikasi data. Hasil penelitian menunjukkan bahwa: (1) metode *qailulah* secara signifikan meningkatkan konsentrasi belajar siswa. Siswa yang telah mengikuti *qailulah* menunjukkan semangat dalam belajar daripada mereka yang tidak melakukan *qailah*. (2) Pelaksanaan *qailulah* mampu membuat siswa kelas VIII A lebih berkonsentrasi selama proses pembelajaran, karena *qailulah* membuat siswa tidak mengantuk lagi dalam belajar. (3) Faktor pendukung adalah ketika sekolah memiliki pengetahuan yang lebih dengan sarana dan prasarana pendukung, mampu memperlancar proses pelaksanaan *qailah*, dan faktor pendukung siswa terhadap kegiatan *qailulah* yang dilakukan di sekolah.

Kata kunci: Efektivitas Belajar, Konsentrasi Belajar, *Qailulah*

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Introduction

Islam is the true and perfect religion. Islam has always regulated large affairs and instead regulates human needs that are considered small. One of them is arranging sleep and rest. Sleep is a biological process that occurs every time in every human being so that worship and daily activities can be carried out properly. Daily activities certainly require enough energy from morning to night, so to maintain a healthy body a person must be disciplined in managing their routine and sleep time. In addition to maintaining the health of the body, sleep can maintain a person's physical, mental and emotional needs. The implementation of sleep is also divided into two times, namely, sleeping at night and sleeping during the day ((Rahman & Ramli, 2018) (Bambangsafira & Nuraini, 2017) *qailulah*), following the words of Allah in the Qur'an surah Ar-Ruum verse 23 explaining the time of sleep which reads:

And the verses of the Qur'an are the words of the Prophet (peace and blessings of Allaah be upon him) and the Messenger of Allaah (peace and blessings of Allaah be upon him)
:said

Means:

"And among the signs of His power are your sleep by night and by day and your efforts to seek a portion of His bounty. Indeed, there are signs for those who listen."
(Q.S. Ar-Ruum:23)

The word of Allah above can be interpreted that Allah shows a good time to sleep, namely at night and during the day. Sleeping at night has become a routine, because the condition of the body is tired due to various activities carried out so that it is necessary to sleep to restore energy as before. A good night's sleep is often not enough to maintain physical fitness and emotional stability, especially for students who have a busy schedule from morning to evening. Even though sleeping during the day also provides many benefits for health, study concentration and sharpness of students' memory. In fact, the implementation of (Diego, 2015) *qailulah* has not been carried out optimally at SMPIT Al-Ridwan. Schools as Islamic educational institutions should be pioneers in implementing the sunnah of the Prophet which is proven to support the growth and development of students holistically. Until now, there has been no special schedule provided to support the implementation of *qailulah* for students. This is one of the reasons why many students seem tired during the day and lack focus in following the lessons in the final sessions.

The non-implementation of *qailulah* at SMPIT Al-Ridwan can be caused by several factors. First, there is no comprehensive understanding from the school management regarding the importance of *qailulah*. Second, the limited time in students' daily schedules which are crowded and filled with various academic and extracurricular activities. Third, there is no space or special place that is comfortable for students to do *qailulah*. These three factors show that there is a need for an evaluation of school systems and policies to support the overall welfare of students.

The research conducted stated that (Rahman & Ramli, 2018) *qailulah* or nap has good benefits in the educational process, especially for students and students. One of the main benefits of *qailulah* is its ability to help students wake up early in the morning. Students who are familiar with *qailulah* will have a more balanced sleep and not experience excessive fatigue at night. This is very important, especially for students at SMPIT Al-Ridwan who have not carried out *qailulah* can increase student fatigue during the day, decrease in concentration when attending lessons, and disturbances in the rhythm of sleep at night. This impact not only disrupts the teaching and learning process, but also has the

potential to disrupt students' physical and mental health in the long term, and decreased sleep quality.

According to , sleep quality is very important for both cognitive and affective development in adolescents. Quality sleep can be demonstrated by getting enough rest and sleep. The quality of sleep can be said to be good if a person is able to know the quality of his sleep, it can be seen from the number of hours of sleep about 8 to 9 hours per night, can fall asleep in less than 15 minutes and can fall asleep without consuming sleeping pills. (Telzer et al., 2018)

Many teens have less sleep duration than they need. It is no longer a common knowledge that many teenagers have less sleep. Habits that can affect sleep difficulties are lack of exercise, poor sleep patterns, playing on the phone late at night and accumulated schoolwork. As a form of effort to maintain a balance between learning and rest activities, SMPIT Al-Ridwan provides students with a break to recover energy during the day, especially after they have a productive morning. This habit is also a strategy to prevent the impact of night sleep deprivation that is often experienced by teenagers. With a short break during the day, students are taught the importance of maintaining a healthy and regular lifestyle, as well as managing time wisely. This makes students not only trained to be intellectually intelligent learners, but also wise in maintaining physical and mental balance. (Iqbal & Atkins, 2017)

Learning is a process that occurs in a human being to obtain information absorption in the cognitive, affective and psychomotor realms through the process of interaction between individuals and the environment. Learning is a concept that cannot be eliminated in the teaching and learning process. Learning refers to what a person should do as a subject receiving the lesson. Learning is the process of brain activity in order to receive information, absorb it and also pour it back which ultimately results in changes in attitudes and behaviors. (Fathurrohman, 2017)

When in the teaching and learning process is taking place, students should be able to concentrate during the teaching and learning process in order to understand the lesson well, as expressed by . Learning concentration has a huge influence on the quality of learning. If someone has difficulty concentrating, of course their study will be in vain. Because it is a waste of energy, time and cost only. A person who can study well is a person who can concentrate well, in short he must have the habit of concentrating that is necessary for every student. (Slemeto, 2017)

According to , concentration is focusing the mind on an object such as attention and view of certain objects. When studying, concentration is needed so that attention can be focused on a subject properly. So, concentration is a state that can support students to achieve better achievements, but if the concentration that students have is bad, automatically the achievements that will be achieved will also be bad. (Djamarah, 2015)

High or low concentration can be influenced by internal factors and external factors. Internal factors that can affect study concentration are boredom, lack of sleep time, and low interest in learning. Some external factors that affect learning concentration include comfort when studying, room light, noisy noise, narrow study room conditions, noisy noises outside the classroom such as vehicles that can cause discomfort. (Slemeto, 2017, p. 16)

Concentration of learning is focusing on one thing by putting aside all other things that are not related, so that all thoughts are only focused on one subject by setting aside other lessons. Concentration disorders during learning are experienced by many students. Concentration difficulties are even more severe if a student is forced to study a lesson that he does not like. (Scott, 2016)

Study concentration can be impaired due to several factors, such as noise, discomfort and fatigue. Fatigue is a common problem that is usually common in developing countries. Fatigue can be a fatal danger if the fatigue becomes chronic, because it can lead to various kinds of dangerous disease disorders. Among them are depression, mental fatigue, sleep disorders to insomnia, migraines, hypertension, and even learning disorders. When we are tired in doing activities, of course we need rest. Our bodies need to be rearranged to be able to carry out their next activities. Rest is a state that has been relaxed without any emotional pressure and not only in a state of inactivity, but also a pause. (Intening et al., 2018)

At SMPIT Al-Ridwan, several internal factors that affect student concentration are often a problem. One of them is lack of sleep time, especially for students who have to wake up early and undergo dense activities throughout the day. This condition causes excessive fatigue, making it difficult for students to concentrate when receiving lessons. In fact, good concentration is needed so that students can understand the material optimally. In addition to internal factors, external factors also play an important role in influencing student concentration at SMPIT Al-Ridwan. For example, noisy vehicle noise from outside the classroom and an uncomfortable classroom atmosphere can be a serious nuisance. This adds to the burden for students who are already experiencing fatigue due to lack of sleep, especially when they have to study during the day when energy starts to decline. Both of these factors at SMPIT Al-Ridwan can worsen the problem of study concentration for students.

Therefore, the implementation of *qailulah* at SMPIT Al-Ridwan should be part of the school's efforts to realize a balanced education. *Qailulah* is a form of rest that is not only physically beneficial, but also recommended in Islam. With *qailulah*, students have a break to refresh their bodies and minds between study sessions. This can help them maintain concentration, improve their ability to grasp lessons, and prevent prolonged mental fatigue. The school environment that supports this program can send a message that maintaining health is just as important as pursuing academic achievement.

Method

The research method implemented in this study is a qualitative approach. This approach is a strategic choice because it is able to uncover findings that cannot be obtained through pure statistical procedures or quantitative methods. This qualitative research will focus on exploring the meaning of *qailulah*, in-depth understanding, concepts, unique characteristics, supporting and inhibiting factors, as well as, descriptions of the implementation of *qailulah*.

The main data sources in this study were obtained from interviews with teachers at SMPIT Al-Ridwan Karawang, interviews with students of grade VIII A, and direct observations by researchers at SMPIT Al-Ridwan Karawang. In addition, the source of data in the research was also obtained from data and documentation. Data analysis is carried out thematically through the stages of data reduction, data display, and conclusion/verification, so that it is expected to explore the meanings and patterns that emerge from the research results. With this approach, the research is expected to be able to provide a comprehensive picture of the practice of *qailulah* in SMPIT Al-Ridwan Class VIII A students in increasing their concentration of learning and their contribution to physical and spiritual health.

Results and Discussion

Result

1. *Qailulah* To Increase Students' Learning Concentration

Qailulah is a short nap during the day which is Sunnah recommended in Islamic teachings. In the context of learning, *qailulah* is believed to have benefits to refresh the body and mind so that it can increase students' concentration on learning.

At SMPIT Al-Ridwan, the implementation of *qailulah* began to be introduced in a series of research activities by students aimed at examining the influence of *qailulah* on students' understanding and concentration. One of the teachers interviewed, Mrs. Siti Maemunah as the vice principal of curriculum, explained:

"Qailulah only started to be carried out at this school when there were students who came to conduct research. Previously, there was no special program that regulated it." This shows that the implementation of *qailulah* is still experimental and has not yet become part of the school routine. However, Badriana Setya Hartanti as the principal gave a positive response regarding this practice.

"I understand that qailulah is a short sleep during the day, usually after Zuhur. This is one of the sunnah of the Prophet which is very useful for resting the body and improving concentration, especially for children whose learning activities are intense."

This teacher's understanding shows that *qailulah* is seen as a habit that has Islamic values and also the potential to improve student learning performance. In practice, the application of *qailulah* has not been thoroughly implemented in schools. However, a trial is being conducted by researchers with subjects of grade VIII A students. One of the teachers interviewed, Mrs. Siti Maemunah, explained:

"The implementation of qailulah has not yet been carried out in general, but we fully support the trial conducted in class VIII A. This could be the beginning to see the results in real terms." The school welcomes this research initiative and shows openness to the possible results. Badriana Setya Hartanti as the principal of SMPIT Al-Ridwan said about the *qailulah* trial as follows:

"If the trial later turns out to be effective, we are very open to considering so that qailulah can be applied in other classes as well. Moreover, this educates students to imitate the sunnah of the Prophet and also take care of their health." With this trial, it is hoped that data and scientific evidence will be found that *strengthen that qailulah* does have a positive impact on students' learning concentration, so that it can be integrated into school programs more widely in the future.

2. Implementation of *Qailulah* to Improve Students' Learning Concentration

Qailulah or nap is a period of rest or short sleep that is done during the day. Although often considered a luxury, a nap is actually a biological necessity for many people, especially when the body begins to feel a decrease in energy.

In the implementation of *qaillah*, students are given 30 minutes to take a nap. Starting at 12.30 which is marked by a bell and the children are in a clean state (they have ablution and have urinated). Then the children were woken up again at 13.00. The place to take a nap is in a comfortable dormitory room for a nap. This is as expressed by Lilis Latipah, S.Pd., as a teacher who said that:

"The nap was held in a classroom that had been set up as a dormitory. Naps are also carried out in the dormitory, where the dormitory comes from a class that has been set in such a way that it is comfortable to sleep."

Each dormitory room is accompanied by an accompanying teacher who has been scheduled regularly by the school. This accompanying teacher is in charge of accompanying the children during the nap process, as well as ensuring comfort and order during the activity. Each teacher gets a turn twice a week to accompany the *qailulah*. Before 12.00, all room arrangements must be completed, as part of the preparation of *qailulah*.

During bedtime, the accompanying teacher remains indoors to ensure the children's calm and safety. If there are students who have trouble sleeping or need help, teachers can immediately provide the necessary assistance. In a calm atmosphere, students of class VIII A are welcome to sleep with a maximum duration of 30 minutes.

When the time showed 13.00, the accompanying teacher woke the children up slowly and gently. After the children woke up, they were directed to sit quietly and go back to reading the wake-up prayer together. This activity fosters good habits in students in implementing sleep manners in accordance with Islamic teachings and increases gratitude for the blessings of rest that Allah has given.

The practice of *qailulah* at SMPIT Al-Ridwan, students are able to carry out learning activities with more enthusiasm and focus in the next session. In addition, this practice is also part of character education, discipline, and the formation of a healthy lifestyle from an early age. Not only oriented to academic results, SMPIT Al-Ridwan continues to prioritize a balance between physical, mental, and spiritual needs in the student learning process.

3. Supporting and Inhibiting Factors of *Qailulah* to Increase Student Learning Concentration

This *qailulah* activity has supporting and inhibiting factors that occur in grade VIII A students at SMPIT Al-Ridwan. Many students, especially class VIII A, supported the implementation of this nap. Especially one of the students named Opan argued as follows:

"For me this Qailulah or nap is a very good idea. Because with so many learning schedules that have hit, of course there is a need for a method of resting the body. And sleep is a method that needs to be tried."

The implementation of *qailulah* is considered important because napping has many benefits that support child development. In addition, the teachers also feel that this activity has a significant positive impact on their students. The presence of the teacher's direction and the presence of their peers makes it easier for students to concentrate on learning, especially PAI lessons. As expressed by Mrs. Lilis Latipah, S.Pd. as a teacher of PAI SMPIT Al-Ridawan who said that:

"With the implementation of the nap rule at school, children become more curious and want to try naps to concentrate on learning. The atmosphere at school became more supportive because of the direct supervision of teachers and researchers who accompanied the nap activities."

With the provision of *qailulah* or naps at school, it becomes easier for students to take a nap. This is in line with research from which revealed that a conducive school environment, with direct supervision from the activity companion teacher can help create a supportive atmosphere for naps. In addition, the existence of peers is also an important factor. When they see their friends start to sleep, they tend to follow and eventually fall asleep. This makes napping at school more effective than at home. (Mukaromah, 2020)

As for the inhibiting factor in the implementation of *qailulah* is when the weather is not good where the room temperature will become hot which can make the atmosphere not cool, this can cause children to have difficulty sleeping. However, this is not a significant obstacle to the implementation of this nap activity. In addition, some children are sometimes still reluctant to take a nap due to the crowded class conditions and there are still some students who often talk with other friends. This is as conveyed by the mother by Mrs. Lilis Latipah, S.Pd..

"Grade VIII A children tend to be more boisterous and prefer to talk or join in conversations, so sometimes they don't even take a nap."

According to it, it is revealed that an uncomfortable atmosphere can affect the quality of a person's sleep. These things are obstacles in the implementation of naps. A comfortable and adequate place for napping, as well as facilities such as sleeping mats and pillows, are factors that support nap activities. In addition, parental support for this program also plays an important role in the smooth implementation of napping. (Mukaromah, 2020)

Discussion

Once the data is shown. So the next process is to review and the meaning of the findings during the research process. Each research result will be discussed, including the following:

1. *Qailulah* To Increase Students' Learning Concentration

The habit of students who often yawn and seem to lack concentration during the learning process has become a common sight in many schools, including at SMPIT Al-Ridwan. This is mostly due to a lack of rest or adequate sleep. Teenagers tend to ignore their sleep needs, focus more on learning the lessons required at Islamic boarding schools, or doing tasks at night. This irregular sleep pattern has a direct impact on their ability to concentrate during the learning process.

The low concentration of learning in students has a lot to do with the poor sleep patterns they live. Based on the results of observations and interviews at SMPIT Al-Ridwan, it is known that most students only sleep for 6-7 hours per night. In fact, according to medical standards, adolescents aged 12-18 years should ideally need between 8-10 hours of sleep per day. This lack of sleep duration makes students' bodies and brains not get enough recovery time, which has an impact on their learning performance in the morning.

This is reinforced by the statement of Faisal, a student of class VIII A SMPIT Al-Ridwan, who in his interview with the researcher revealed, *"After studying for a few hours in the morning, I felt tired and had difficulty focusing. Taking a short nap, about 15-20 minutes, really helps me refresh my mind and improve concentration when I go back to studying."* From this statement, it can be seen that fatigue due to lack of sleep at night can be slightly overcome with a short nap.

These findings are in line with the results of the study, which shows that adolescents who have learning difficulties often face decreased concentration due to drowsiness and fatigue caused by lack of sleep time. Sleep deprivation not only affects concentration, but also impacts memory abilities, emotional health, and even leads to a decline in academic performance. Therefore, it takes efforts to build awareness of the importance of sleep for students. (Djamalilleil et al., 2021)

One of the solutions that can be applied in the school environment, especially at SMPIT Al-Ridwan, is to introduce and familiarize the practice of *qailulah* or short naps. *Qailulah* is a habit of taking a short break during the day that is highly recommended in Islamic teachings and has great benefits in maintaining energy stability and concentration. Sleeping for 15-30 minutes before or after the time of Zuhr has been scientifically proven to be able to refresh the mind and improve cognitive function.

The implementation of *qailulah* within SMPIT Al-Ridwan not only has a scientific basis, but is also in line with the Islamic values embraced by this school. As an Integrated Islamic school, the application of *qailulah* can be used as part of a daily habituation program that supports student learning productivity. In addition, *qailulah* can also be one of the alternative solutions to meet the need for sleep that is not met at night.

(Zufa & Mujazi, 2021) states that poor sleep habits are the main factor that interferes with students' study concentration. So, if the habit of sleeping at night cannot be improved optimally, *qailulah* can be an effective compensation. This short break in the afternoon allows students to recover some of their energy so that they can return to study with better focus and enthusiasm in the afternoon or afternoon learning sessions.

Lack of sleep in one day can have a significant negative impact on a student's daily activities. This is clearly seen in the learning process that becomes less effective, the appearance of drowsiness during learning, and difficulties in understanding the material taught by the teacher. At SMPIT Al-Ridwan, some teachers reported that students often looked sleepy especially after their lunch breaks, which shows the importance of managing break time properly.

Getting students used to doing *qailulah* will not only increase their concentration in learning, but also form a disciplined character in maintaining physical and mental health. This activity can be included in the daily routine of school, for example by providing 15-30 minutes after the Zuhr prayer as a quiet time to rest. That way, students will be better prepared physically and mentally to take the next lesson in optimal conditions.

Overall, healthy sleep patterns play an important role in supporting student development, growth, and productivity. When the body gets enough rest, the concentration of learning increases. Therefore, efforts to improve students' sleep patterns through education, limiting the use of gadgets at night, and implementing *qailulah* in schools such as SMPIT Al-Ridwan are real steps that are very useful to create a healthier and more productive learning environment.

2. Implementation of *Qailulah* in Students VIII A SMPIT Al - Ridwan

The implementation of *the qailulah* program in grade VIII A SMPIT Al-Ridwan students has shown a significant positive impact on their physical condition and

concentration. This program has proven to be successful in restoring freshness and motivating students to stay focused in teaching and learning activities. *Qailulah*, or taking a short nap, is an effective strategy to combat the drowsiness and fatigue that often hit students in the midst of busy school schedules and Islamic boarding school activities.

Initially, the students of class VIII A faced several challenges in carrying out *qailulah*. Adapting to these new habits takes time and adjustment. Over time and after experiencing the benefits firsthand, students begin to get used to and even love this nap. Awareness of the difference in body and mind conditions when not doing *qailulah* is the main driver for them to run this program optimally.

One of the positive interview results came from Zulfa, a student of grade VIII A, who revealed the importance of *qailulah* in supporting his activities as a memorizer of the Qur'an. In an interview with the researcher, Zulfa stated, "*By implementing qailulah optimally, it can make me as a memorizer of the Qur'an can focus on increasing memorization and murojaah.*" This statement clearly shows how *qailulah* contributes directly to increasing students' concentration and memory in memorizing and repeating the Qur'an.

The benefits of *qailulah* are not only limited to increasing focus in memorizing the Qur'an. The students of grade VIII A as a whole very welcome the existence of *qailulah* time in the middle of the learning process. They revealed that this 30-minute nap effectively relieved drowsiness and made them feel fit again. This fresh body condition is very crucial to continue learning at school and various activities at Islamic boarding schools more optimally.

The students feel that the energy recovered after *qailulah* allows them to absorb the subject matter better. The quality of learning improves as the mind becomes clearer and receptive to new information. This habit has become an integral part of their daily routine, helping to create a more productive and enjoyable learning environment. According to the opinion of Muhammad faiq:

"After I practiced this qailulah I felt that my body was refreshed again and my mind was clear enough to undergo learning optimally."

The positive impact of *this qailulah* is not only felt individually, but also creates a more lively and energetic classroom atmosphere. Fit students tend to be more active in discussions, more enthusiastic about learning, and have higher levels of participation in various activities. This also indirectly affects the overall dynamics of teaching and learning, making the process more interactive and effective.

The students of grade VIII A now see *qailulah* as not just a break from rest, but an important investment for their health and productivity. They realize that this short break has a significant long-term impact, not only on their academic performance and Qur'an memorization, but also on their mental and spiritual health. This first-hand experience is clear evidence of the success of *the qailulah program*. The statement is in accordance with the interview of Ade Darussalam, one of the students of class VIII A as follows:

"I once wondered if I was the one who didn't like the learning done in school. It turned out that I only needed a short nap. With that, I feel that the performance of memorizing the Qur'an is better than usual."

Indirect interviews with the students consistently showed a positive response to the *qailulah* program. They feel first-hand significant changes in their body and mind condition after a short nap. Motivation to study and worship also increases along with the increase in their fitness.

Thus, the implementation of *qailulah* at SMPIT Al-Ridwan, especially for grade VIII A students, is a success. This program successfully answers students' need for quality rest in the midst of a busy schedule, while supporting their academic and spiritual achievements. The benefits that students feel, such as increased focus, memory, and motivation, are strong evidence that *qailulah* is a very beneficial practice and worth maintaining.

3. Supporting and Inhibiting Factors of the Implementation of *Qailulah* in Grade VIII A SMPIT AL-Ridwan students

Supporting Factors of the Implementation of *Qailulah* in Class VIII A SMPIT AL-Ridwan. The supporting factors of *qailulah* activities are:

- 1) Support from the students and a love for the *qailulah* program in which there are nap activities. The students of SMPIT Al-Ridwan, especially class VIII A. Providing support and expressing their love in this *qailulah* activity. As said by Ade Darussalam as follows: *"In its implementation, I feel satisfied in implementing napping. Because I'm a sleepy student too."*
- 2) Adequate facilities, in the form of the availability of mats and pillows for sleeping and a comfortable room for sleeping. Although this is a trial program from the submission of guidance, praise be to the school for directly facilitating students for beds.
- 3) Napping can relieve drowsiness and increase student learning concentration, especially in students in grade VIII A studied. As Muhammad Faiq said as one of the students of grade VIII A: *"I feel that after this nap I feel refreshed. And can continue learning activities again."*

The implementation of *qailulah* is considered important because napping has many benefits that support child development. In addition, the student's parents also feel that this activity has a significant positive impact on their children. The presence of the teacher's direction and the presence of their peers makes it easier for students to concentrate on learning, especially PAI lessons. As expressed by Mrs. Lilis Latipah, S.Pd. as a teacher of PAI SMPIT Al-Ridwan who said that:

*"With the implementation of the nap rule in schools, it becomes easier for children to concentrate on learning. The atmosphere at school became more supportive because of the direct supervision of teachers and researchers who accompanied the nap activities. In addition, the holding of this *qailulah* makes students, especially grade VIII, more focused and interactive in expressing their opinions."*

With the provision of *qailulah* or naps at school, it becomes easier for students to take a nap. This is in line with research from which revealed that a conducive school environment, with direct supervision from the activity companion teacher can help create a supportive atmosphere for naps. In addition, the existence of peers is also an important factor. When they see their friends start to sleep, they tend to follow and

eventually fall asleep. This makes napping at school more effective than at home. (Mukaromah, 2020)

The implementation of *qailulah* at SMPIT Al-Ridwan does bring many benefits, but it is not spared from several inhibiting factors that need to be considered. One of the obstacles that arises is the unfavorable weather conditions. When the room temperature gets hot, the atmosphere becomes uncool, and can cause children to have difficulty napping their nails.

However, this weather constraint is not said to be a significant obstacle in the implementation of the overall nap activity. In addition to the weather factor, a crowded classroom environment is also an obstacle that occurs quite often. Some students are sometimes still reluctant to take a nap due to noisy classroom conditions, where there are still some students who often talk or join in conversations with other friends. The crowds in this class are in line with the view that an uncomfortable atmosphere can affect the quality of a person's sleep. The quality of napping is crucial to get the optimal benefits of (Mukaromah, 2020) *qailulah*. Therefore, creating a calm and conducive atmosphere is a challenge in itself in ensuring that every student can rest well.

To overcome this obstacle, a comfortable and adequate place to take a nap is a very important supporting factor. The availability of facilities such as adequate sleeping mats and pillows can increase the comfort of students, making it easier for them to fall asleep. Good facilities will help students feel more relaxed and ready to rest, even in the midst of potential external distractions.

Overall, although there are several inhibiting factors such as hot weather conditions and crowds in the classroom, these obstacles can be minimized with better environmental planning and strong support from all parties. By paying attention to these factors, *the qailulah* program can continue to run effectively and provide optimal benefits for students in school.

Conclusion

The *qailulah* method, or short nap, has become very popular and its benefits are felt directly by students of grade VIII A at SMPIT Al-Ridwan. This practice of *qailulah* has been scientifically proven to be able to reduce drowsiness and increase alertness, which is directly felt by the students. With the application of *customized qailulah* in the midst of Teaching and Learning Activities (KBM), students get a better opportunity to recover energy and prepare themselves for the next subject matter with a higher spirit. This has a positive impact on improving their focus and concentration when they return to class, so that students can absorb the subject matter more effectively.

In addition to making a positive contribution to the academic aspect, the application of *qailulah* has also been proven to support the daily life of students in Islamic boarding schools. With sharper concentration, students become more prepared to receive knowledge, actively participate in discussions, and be more efficient in completing the tasks given. This shows that *qailulah* has comprehensive benefits, not only for academic development but also in improving the readiness and performance of students in the Islamic boarding school environment. This study provides recommendations so that the application of *qailulah* can continue to be maintained and improved in the daily activities of students in schools and Islamic boarding schools, in order to achieve more optimal learning.

Limitations

In this study, the researcher only carried out an implementation that included students of grade VIII A SMPIT Al Ridwan, so the findings of this study may not fully represent the characteristics of students in other classes or other schools with different backgrounds, as well as the limitation of research time that only lasts for a certain period and does not consider seasonal variables or events that can affect the quality of naps (*qailulah*) students, in addition to the limitations in the use of instruments that only utilize simple questionnaires and observations so that they cannot fully reveal the deep nuances of the student's experience, and also limitations in control of external factors such as the influence of students' daily activities outside school and family conditions that can affect effectiveness *qailulah* which are carried out, all of which are important notes in the interpretation and generalization of the results of this research.

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