

## **BUILDING STRONG CHARACTER AMONG MUSLIM ADOLESCENTS THROUGH *DIDIKAN SUBUH* AND TAPAK SUCI MARTIAL ARTS PRACTICES**

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### **Abstract**

One of the functions of the mosque that Al-Muqorrobin Islamic Center Mosque wants to play, apart from being a comfortable place for congregational prayers, is as a place for the formation of the young generation of Muslims who are strong in character. However, so far, this function is still not optimal, while the exciting activities of Youth Mosques to prosper the mosque and form the mentality and awareness of defending the country among its members are still very minimal. For this reason, this community partnership program offers two sustainable activities to address the problem of youth mosques as the program partner: 1. The Subuh Education (*Didikan Subuh*) actions after the Fajr Prayer in the congregation every Sunday morning; 2. *Tapak Suci* self-defense martial art is practiced after *Didikan Subuh* from 6 to 8 am. The methods used in these activities are lectures, dialogue, demonstrations, and exercises led by a professional martial arts trainer. The results of the pre-test and post-test assessments of the *Didikan Subuh* participants showed that there had been a significant increase in the participants' religious and national insights and knowledge from an average of 32.6% in the pre-test to 64% in the post-test. While the results of routine *Tapak Suci* martial arts training since February 5, 2023, have produced two champions at the *Tapak Suci* Inter Kindergarten and Elementary Championships throughout the Province of Yogyakarta Special Region (*MuhiMinggir Cup Competition*), which was held on 12-14 May 2023.

*Keywords: mosque youth, Didikan Subuh, Tapak Suci martial arts, character building.*

### **Abstrak**

Salah satu fungsi masjid yang ingin diperankan oleh Masjid Islamic Center Al-Muqorrobin Pendowoharjo Sewon Bantul selain sebagai tempat shalat berjamaah yang nyaman adalah sebagai tempat pembentukan karakter generasi muda Islam yang tangguh. Namun, selama ini fungsi tersebut dirasakan belum optimal, sementara aktivitas Remaja Masjid yang menarik untuk memakmurkan masjid dan membentuk mental serta kesadaran bela negara di kalangan anggotanya masih sangat minim. Untuk itu, program kemitraan masyarakat ini menawarkan dua kegiatan berkelanjutan untuk mengatasi permasalahan Remaja Masjid sebagai mitra, yaitu: 1. Kegiatan *Didikan Subuh* se usai Shalat Subuh berjamaah setiap hari Minggu pagi; 2. Latihan seni bela diri pencak silat *Tapak Suci* yang dilakukan se usai *Didikan Subuh* dari jam 06.00 sampai dengan jam 08.00 pagi. Adapun metode yang digunakan dalam kegiatan tersebut adalah ceramah, tanya jawab, demonstrasi dan latihan seni bela diri yang dipimpin oleh seorang pelatih seni bela diri profesional. Hasil asesmen pre-test dan post-test terhadap peserta *Didikan Subuh* menunjukkan telah terjadi peningkatan wawasan dan pengetahuan keagamaan dan kebangsaan peserta secara signifikan dari rata-rata 32,6% dalam pre-test menjadi 64% dalam post-test. Sementara hasil latihan rutin seni bela diri *Tapak Suci* sejak 5 Februari 2023, telah melahirkan 2 orang juara Kejuaraan *Tapak Suci* Antar TK dan SD se-Provinsi DI. Yogyakarta (*MuhiMinggir Cup Competition*) yang diselenggarakan tanggal 12-14 Mei 2023.

*Kata kunci: remaja masjid, Didikan Subuh, seni bela diri Tapak Suci, pendidikan karakter.*

## INTRODUCTION

Adolescents are the next generation of the nation whose character is very important to be educated and shaped so that they become strong individuals and have a high sense of patriotism. A strong character is a fundamental attribute that guides the way of thinking and behaving to live and work together, both within the family, community, nation, and state (Zaman, 2019). However, given the increasing complexity of social problems such as juvenile delinquency (Amelia et al., 2022), narcotics and addictive substances (drugs) abuse (Purbanto & Hidayat, 2023), promiscuity (Eusope & Azmi, 2021), and radicalism (Roby & Muhid, 2022), special efforts are needed to instill tough character and love homeland in youth. In facing the adolescence, which is full of challenges and temptations, a strong character will greatly assist the youth in making the right decisions and dealing with problems wisely.

Attention to youth character education today is increasingly urgent and crucial. This is because adolescents are an age group entering a transition period from children to adults. At this time, teenagers tend to be more easily influenced by their surroundings, especially by peers and social media. Therefore, efforts are needed to instill tough character in adolescents so that they can face various challenges in life and the mosque is one of the right places to conduct education and character-building for this young generation.

The role of the mosque in the education and character development of youth is very relevant, considering

that the function of the mosque is not merely a place to perform congregational prayers. Various Muslim affairs, education, and even justice during the Prophet's time were carried out in the mosque (Sahad et al., 2022). During his time, the Prophet Muhammad pbuh functioned the mosque as a place of worship, a meeting place (convention center), a place for consultations, a place for social activities, a place for treating sick people, and a place for fostering people and preaching Islamiyah (Aslati et al., 2018). In line with the ideal function of a mosque, the Al-Muqorrobin Islamic Center Mosque which is located in Pringgane, Cepit, Pendowoharjo, Sewon, Bantul District, began its construction on 1 September 2019 AC/ 1 Muharam 1441 AH, has a vision of becoming a center for worship, social, cultural, economic, education, and health for the congregation. Therefore, all mosque activities in the form of administration (*al-idarah*), prosperity of the mosque (*al-imarah*), and development and development activities (*al-ri'ayah*) (Hasibuan, 2019) are strived for and dedicated to the service and comfort of all congregations.

Although not yet ideal, the "Al-Muqorrobin" Islamic Center Mosque has provided training for the mosque's children and youth through the formation of the Al-Muqorrobin Islamic Center Mosque Youth group, which is now chaired by 'Aqil Syahru Akram. Mosque youth play an important part in the mosque's prosperity, people regeneration, mentoring young Muslims through routine studies, and supporting mosque takmir activities such as da'wah and

social activities (Mannuhung et al., 2018). This community partnership program, in collaboration with the Al-Muqorrobin Islamic Center Youth Mosque, aims to empower partners in resolving the critical problems they face, namely a lack of alternative partner activities in order to prosper and empower partner members, particularly in education and the formation of strong mosque youth characters.

This article discusses how *Didikan Subuh* (Santoso & Jeldi, 2019) and the Tapak Suci martial arts (Hadiana et al., 2022) training mosques-based can be used as a means to instill strong character and love for the motherland in children and youth at the Al-Muqorrobin Islamic Center Mosque, Cepit, Sewon, Bantul. Early morning education (*Didikan Subuh*) at the mosque can provide positive religious values, such as discipline, honesty, and love for others, while Tapak Suci martial arts is one of the martial arts schools under the auspices of the Indonesian Pencak Silat Association (IPSI) which has been trusted by Muhammadiyah Movement to form superior of strong cadres. Tapak Suci is a form of pencak silat that avoids shirk behavior and believes that all power comes from Allah SWT. Instilling Islamic values based on the Al-Qur'an and As-Sunnah is the goal of Tapak Suci ("Tapak Suci Untuk Pendidikan," n.d.). The characteristics and mission of Tapak Suci are very relevant to be adopted as a means of education and building a strong character among the mosque youth.

The combination of the two educational models (*Didikan Subuh/Dawn Education* and Tapak Suci) within the Al-Muqorrobin Islamic Center Mosque is expected to be able to develop the character of

mosque children and youth who are strong, resilient, and also have a high sense of patriotism. Through the integration of these two activities, mosque youth will be educated to become true Muslims who respect diversity, build self-confidence, and have the ability to protect themselves and society. The merging of the two mosque-based educational models for children and youth is a reconstruction of the classical surau-based educational model in Minangkabau which has succeeded in producing national figures (Efrizon et al., 2022) in various fields, such as warriors/heroes, proclaimer of Indonesian independence, successful entrepreneurs, educational figures, scholars, etc.

It is hoped that this article can provide inspiration for teachers, parents, and the community to support programs that combine dawn education and pencak silat martial arts at mosques to instill strong character and love for the country in the younger generation. Thus, youth will become individuals who have noble characters, have a sense of love for the motherland, and be able to bring positive changes to society and the nation.

## METHODS

The methods used in organizing the Early Morning Education (*Didikan Subuh*) activities and the practice of the Tapak Suci martial arts are lectures, question-and-answer, demonstrations, and imitating exercises. The lecture method is carried out through the delivery of a subject matter by way of an oral narrative to the participants of the program. While the most important student learning activities are listening carefully and noting the important points put forward by the teacher

(Tambak, 2014). The question-and-answer (dialogue) method is a way of delivering lessons through questions from students to teachers, or vice versa from teachers to students. This method accustoms students to express what comes to mind without shame or fear so as to foster a sense of love for learning (Ahmad & Tambak, 2017) through a very participatory process. While the demonstration method is a way of learning by demonstrating or demonstrating something in front of students. By using the demonstration method, the teacher has activated all of the student's sensory organs (Dewanti & Fajriwati, 2020). This method is very suitable in the teaching of jurisprudence (*fiqih*) especially in demonstrating the correct procedures for worship, as well as in demonstrating certain moves in the Tapak Suci martial art. Through this demonstration method students will learn effectively through the 3N process developed by national education figure Ki Hajar Dewantara (Ardhyantama, 2020), namely paying attention (*niteni*) and imitating (*nirrokke*) and developing (*nambahi*).

## RESULTS AND DISCUSSION

There are three stages involved in the implementation of this Early Morning Education (*Didikan Subuh*) program and the Tapak Suci martial arts training, namely: the preparation stage, the implementation stage, and the evaluation stage. The following describes each of these stages.

### Preparation Stage

Several things have been done in preparing for the implementation of the Early Morning Education program and the practice of the Tapak Suci martial arts at the Al-Muqorrobin Islamic Center Mosque, including *First*, holding a meeting to coordinate technical

preparations for organizing activities. The service team has held several coordination meetings with partners, starting from the preparation of the proposal to the preparatory meeting before the implementation of the activity; *Second*, preparing the Subuh Education learning material which includes material on Aqidah, Worship, memorizing selected surahs/verses of Holy Quran, hadiths, prayers, morals, mahfudzah, etc.; *Third*, prepare permanent teachers for Early Morning Education; *Fourth*, determine the permanent teacher of Tapak Suci. The permanent teachers who will train the Tapak Suci martial arts martial arts are the Swordsman, Rowin Harry Aprinal who is one of the administrators of the Takmir/congregants of the Al-Muqorrobin Islamic Center Mosque; *Fifth*, conducting socialization of the program to the community as well as registering potential participants/students of *Didikan Subuh* and Tapak Suci.

It was targeted that 20 children and youth will register as Subuh and Tapak Suci Dikan students. As an attraction of this activity, the 20 participants who register will be facilitated with Tapak Suci uniforms. The form of socialization is carried out through flyers which are viral through the social media Whatsapp Teenager Mosque groups, Jamaah Masjid Groups, and outdoor socialization media in the form of banners. The following is a flyer and banner design as well as a Whatsapp group that has been formed to support the socialization and communication process to the community/congregation as well as participants and parents:



Image 1: *Desain of banner for socialization & registration*

Tapak Suci participants and uniform measurements; *Second*, trials for the implementation of Early Morning Education activities and the practice of the Tapak Suci pencak silat; *Third*, the implementation of the Grand Opening; *Fourth*, the implementation of the weekly *Didikan Subuh* and Tapak Suci exercises. The following is an explanation of each series of activities:

### *Participant Registration and Uniform Measurement*

Registration for *Didikan Subuh* and Tapak Suci participants was open for 14 days, starting from January 22 to February 5, 2023. Unexpectedly, the welcome of the congregation and prospective students to this program was very encouraging as indicated by the number of registrants outside the Youth Mosque management reached 35 participants or almost double the estimated amount (20 participants).



Image 2: *WhatsApp group as communication media*



Image 3: *Registration & Uniform measurement*

### **Implementation**

The implementation phase of the program includes several series of activities, namely: *First*, acceptance of registration for *Didikan Subuh* and

### *Trial of the Implementation of Didikan Subuh and Tapak Suci Practice*

Trials of the implementation of the *Didikan Subuh* (Dawn Education)



and Tapak Suci Exercises were carried out on February 5, 2023. *Didikan Subuh* activities began right after the Fajr Prayer in the congregation concluded. *Didikan Subuh* trial class begins with the implementation of the Pre-Test, followed by writing, reading, imitating, explaining and memorizing an Arabic proverb (mahfudzot) which contains wisdom, lessons, and a well-known philosophy of life for success, namely: "*Man Jadda Wajada*" (whoever is serious, will surely succeed). With this mahfudzot, it is hoped that students will have a paradigm of life that only people who are serious will succeed in life, whereas people who are lazy will experience failure (Zainudin, 2013).



Image 4: Pre-Test Assessment



Image 5: Wearing of Tapak Suci uniform practice

### Grand Opening

The official and ceremonial opening (Grand Opening) of the *Didikan Subuh* (Dawn Education) and Martial Arts Training activities of the Tapak Suci Pencak Silat for Children and Youth of the Al-Muqorrobin Islamic Center Mosque was held on 12

February 2023. Drs. HM. Afnan Hadikusumo, General Chairperson of the Tapak Suci Central Board as well as Senator of the Regional Representative Council of the Republic of Indonesia is pleased to be present to inaugurate the start of the *Didikan Subuh* activities and the opening of the Tapak Suci College at the Al-Muqorrobin Islamic Center Mosque. Drs. HM. Afnan Hadikusumo officially opened the *Didikan Subuh* and Tapak Suci training activities by reciting "*Bismillahirrahmanirrahim*" (in the name of Allah, the Most Compassionate and Most Merciful), followed by cutting the ribbon to uncover the nameplate of the Tapak Suci College, Al-Muqorrobin Islamic Center Mosque and sticking *Osegu* weapon.



Image 6: Drs. HM. Afnan Hadikusumo stuck the Osegu weapon marking the opening of the Tapak Suci College at the Al-Muqorrobin Islamic Center Mosque

Present and giving remarks at the Grand Opening, the Head of LPM UMY Dr. Ir. H. Gatot Supangkat, MP, IPM, ASEAN Eng., the member of DPRD Bantul Regency, HM. Ichwan Thamrin, Village Head of Pendowoharjo Mr. H. Hilmi Hakimuddin, S.PdI. This activity was also attended by the Head of the Community Service Team, and members of the Service Team, Prof. Dr. Muhammad Azhar, Nurul Satria Abdi, S.H., MH., Kiki Kurniawan, administrators and warriors of the

Tapak Suci from the Regional Administrator of Tapak Suci of Bantul Regency and of the Special Region of Yogyakarta Province.

On this occasion, the inauguration of the Tapak Suci College Board of Al-Muqorrobin Islamic Center Mosque was chaired by 'Aqil Syahru Akram who is also the Chairman of the Mosque Youth.



**Image 7: Inauguration of the Management of Tapak Suci MIC Al-Muqorrobin College by the Chairman of the Tapak Suci Regional Management of Bantul Regency**

In the Grand Opening, Nasrullah as the head/person in charge of the program said that the aim of the Subuh Education and Tapak Suci pencak silat activities is to prosper the mosque and form the character of the young generation who are strong, love the mosque and love the country. The combination of these two activities was inspired by the Surau tradition in Minangkabau in the past which has succeeded in producing many strong national figures and Muslim entrepreneurs.

The Head of Community Service Institution of UMY, Dr. Ir. H. Gatot Supangkat, MP, IPM, ASEAN Eng welcomed the program that was launched and thanked the Community Service Team led by Nasrullah, as well as the program partner, Al-Muqorrobin Islamic Center Mosque Youth.



**Image 8: Remarks by the Head of LPM UMY, Dr. Ir. H. Gatot Supangkat, MP, IPM, ASEAN Eng.**

Meanwhile, M. Afnan Hidikusumo in his remarks explained the importance of the role of *Didikan Subuh* and Tapak Suci in building the character of the younger generation, especially among children and adolescents at the Al-Muqorrobin Islamic Center Mosque. According to Afnan, these two activities are very relevant in overcoming the social problems of adolescents who are currently experiencing social alienation as a result of the rapid development of information technology. Similar comments on the impact of gadgets that have become everyday friends for today's children and adolescents and the urgency of creating alternative interesting activities for them were conveyed by representatives of community leaders Muhammad Ichwan Thamrin and representatives of the local government, H. Hilmy Hakimuddin in this occasion. All the figures who gave remarks at the Grand Opening of the Subuh Education and Tapak Suci College of the Al-Muqorrobin Islamic Center Mosque hoped that these two activities would become effective and educative tools in forming and fostering a young generation of Muslims with noble and strong characters.

***Weekly Routine Activities of Didikan Subuh and Tapak Suci***



*Didikan Subuh* and Tapak Suci training activities at the Al-Muqorrobin Islamic Center Mosque have not yet been completed with the holding of the Grand Opening ceremonial activities on February 12, 2023. The objectives of the two integrated activities to shape the strong character of mosque youth will only be achieved if the activities can take place regularly and continuously. Consequently, these two activities should not stop with the end of the community partnership program. The success of character education can only be achieved through a process of internal quality assurance both organizationally and individually in a sustainable manner (Suherman, 2014).



**Image 9:** Weekly *Didikan Subuh* is held every Sunday morning after congregational Subuh Prayer from 5 AM



**Image 10:** *Tapak Suci* practices is held weekly on Sunday from 6 to 8 AM

So far, partners have succeeded in maintaining the continuity of *Dikan Subuh* and Tapak Suci since they were

first launched until now. The rundown of the weekly *Didikan Subuh* and Tapak Suci activities held routinely every Sunday started from 04.30 - 04.45 with Subuh Prayer in the congregation; Then, followed by *Didikan Subuh* from 04.45 – 06.00. At 06.00 – 06.15 the participants take the breakfast provided by the Mosque Youth; After taking the breakfast, the Mater of Tapak Suci, Mr. Rowin Harry Aprinal leads the martial arts of Tapak Suci until 08.00 am.

### Evaluation

Assessment of the success of *Dikan Subuh* activities has been carried out through the Pre-Test which was conducted on 5 February 2023 and the Post-Test on 14 May 2023. The results of the pre-test and post-test assessments of *Dikan Subuh* participants showed that there had been an increase in religious insight, knowledge, and nationality of the participants significantly from an average of 32.6% in the pre-test to 64% in the post-test. The following is a comparison graph of the results of the pre-test and post-test of *Didikan Subuh* participants who joint both tests. The participants who only took one of the two tests are not shown because they could not make comparisons between before and after the test.



**Graph 1 – Comparison of Pre-Test and Post-Test Scores of *Didikan Subuh* Participants**

Meanwhile, the success rate of routine Tapak Suci martial arts training



at the Al-Muqorrobin Islamic Center Mosque until now cannot be measured through a level promotion test. However, its success in forming a character that is tough, courageous, and growing winning mentality can be seen from the courage of three students who were sent as delegates of the Tapak Suci College of Al-Muqorrobin Islamic Center Mosque in the Tapak Suci Championships between Kindergartens and Elementary Schools throughout the Province of the Special Region of Yogyakarta (MuhiMinggir Cup Competition) which was held on 12-14 May 2023. Three students who have dared to compete in this championship were Muhammad Rafid Raditiya bin Mawan Febri Hariyanto, Raditya Armagan Ristianto bin Aris Widodo, and Muhammad Fathin Yassar Lais bin Rowin Harry April. The results of this championship were encouraging, Muhammad Rafid Raditiya won the Bronze Medal or 3rd place in the Fighting Class C (30 kg – 33 kg) and Muhammad Fathin Yassar Lais won the Gold Medal as 1st place and won the Trophy provided by Commander of the Military Region of Sleman Regency. The following are photos of the Al-Muqorrobin Islamic Center Mosque Tapak Suci College Delegation in the Yogyakarta Special Region Championship:



**Image 11: Delegates of Islamic Center of Al-Muqorrobin Mosque at Tapak Suci Championship of Provincial Level of the Special Region of Yogyakarta**



**Image 12: Delegates of Islamic Center of Al-Muqorrobin Mosque won two medals at Tapak Suci Championship of Provincial Level of the Special Region of Yogyakarta, 12-14 May 2023**

The evaluation of the program is not enough by showing a record of success, there are also several notes of obstacles in the implementation of the program, including *First*, the Tapak Suci College of the Al-Muqorrobin Islamic Center Mosque so far does not have a mattress that can be used as a means of supporting the training; *Second*, the commitment of the participants in the Subuh and Tapak Suci Dikan Suci is still fluctuating; *Third*, the partner does not yet have a permanent Dikan Subuh teacher; and *Fourth*, the Subuh Education module is not yet available.

The follow-up plans that need to be carried out for the development of Didikan Subuh and Tapak Suci College in this mosque include: *First*, partners are encouraged to procure mattresses;

*Second*, partners are advised to periodically send students to take part in religious competitions and Tapak Suci competitions to increase the enthusiasm and motivation of participants in participating in Subuh Education and Tapak Suci training; *Third*, it is suggested that Takmir raise the mosque's keepers from among students who can also act as teachers of Didikan Subuh; and *Fourth*, mentoring the Didikan Subuhto develop a more planned and measurable *Didikan Subuh* curriculum.

As a form of feedback on the collaboration in organizing *Didikan Subuh* and Tapak Suci training, the Chairperson of the Youth Mosque 'Aqil Syahru Akram stated that the activity initiated by the community service team from LPM UMY had brought a new color to the activities at Al-Muqorrobin Islamic Center Mosque. These two activities have encouraged children and adolescents surrounding the mosque to worship and also to be physically active. This program certainly brings fresh air to today's young generation who are too dependent on gadgets as their daily playmates. Partners hope that *Didikan Subuh* and Tapak Suci activities can continue so that later from the Tapak Suci College of the Al-Muqorrobin Islamic Center Mosque, a young generation of Muslims who are strong, have noble morals, have broad insight, and are diligent in worship will be born.

## CONCLUSION

The mosque as it has been practiced since the time of the Prophet did not function as a place to hold congregational prayers only, but has multifunction covering social, economic, cultural, and educational aspects needed by the congregation and the community around the mosque. The

prosperity of a mosque is determined by the ability of its management to maximize its function. As the name implies, the partner's mosque has a vision of becoming an Islamic Center or a center for religious, educational, social and cultural activities, including as a means of forming and fostering the character of children and youth to become ideal Muslim personalities who are tough, courageous, have good morals, are skilled, and broad-minded. The implementation of continuous *Didikan Subuh* and Tapak Suci martial arts training at the Al-Muqorrobin Islamic Center Mosque has, based on the evaluation results, succeeded in becoming an alternative and mainstay activity of the Al-Muqorrobin Islamic Center Mosque Youth in character building of its members who are strong and become an attraction for them in loving and prospering the mosque. Similar activities deserve to be duplicated by other mosques in the context of the prosperity of the mosque (*imaratul masjid*).

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