

## **A STUDY OF THE CAUSES OF THE EASE OF MEMORIZING: Review In The Book Ta'lim Muta'lim By Imam Al-Zarnuji**

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### **ABSTRACT**

The book of Ta'lim Muta'allim by Imam Al-Zarnuji is one of the classical works that discusses the ethics and methods of learning for knowledge seekers. This study aims to identify and analyze the factors that cause ease of memorization as described in the book. The research method used is a literature study with an analytical descriptive approach to the text of Ta'lim Muta'allim. The results show that there are several main factors that support the ability to memorize, including sincere intentions, discipline in learning, a conducive environment, and support from teachers and peers. In addition, the learning methods recommended by Imam Al-Zarnuji such as repetition, deep understanding, and practical application also play an important role in improving memorization ability. This research is expected to contribute to the development of effective learning methods in the context of Islamic education.

**Keywords:** Kitab Ta'lim Muta'alim, Learning ethics, Learning methods, Factors facilitating learning, dan Analytical descriptive approach.

### **ABSTRAK**

Kitab Ta'lim Muta'allim karya Imam Al-Zarnuji merupakan salah satu karya klasik yang membahas tentang etika dan metode belajar bagi para penuntut ilmu. Penelitian ini bertujuan untuk mengidentifikasi dan menganalisis faktor-faktor yang menyebabkan kemudahan menghafal sebagaimana dijelaskan dalam kitab tersebut. Metode penelitian yang digunakan adalah studi literatur dengan pendekatan deskriptif analitis terhadap teks kitab Ta'lim Muta'allim. Hasil penelitian menunjukkan bahwa terdapat beberapa faktor utama yang mendukung kemampuan menghafal, di antaranya adalah niat yang ikhlas, kedisiplinan dalam belajar, lingkungan yang kondusif, serta dukungan dari guru dan teman sejawat. Selain itu, metode pembelajaran yang direkomendasikan oleh Imam Al-Zarnuji seperti pengulangan, pemahaman yang mendalam, dan aplikasi praktis juga memainkan peran penting dalam meningkatkan kemampuan menghafal. Penelitian ini diharapkan dapat memberikan kontribusi bagi pengembangan metode pembelajaran yang efektif dalam konteks pendidikan Islam.

**Kata-Kata Kunci:** Kitab Ta'lim Muta'alim, Etika belajar, Metode belajar, Faktor-faktor kemudahan belajar, dan Pendekatan deskriptif analitis.

## INTRODUCTION

Memorization is one of the most important skills in the learning process, especially in the tradition of Islamic education.<sup>1</sup> Memorization can be defined as the mental and cognitive process of storing information in memory and then releasing it when needed. The ability to memorize not only depends on a person's memory capacity, but is also influenced by various factors that can facilitate or hinder the process.

The causes or factors that affect memorization ability include various aspects, both internal and external. Internal factors include individual psychological and physiological conditions, such as motivation, interest, concentration, and physical health. Meanwhile, external factors include the learning environment, teaching methods, and social support from family, friends and teachers.<sup>2</sup> In the context of Islamic education, spiritual factors are also considered important, including sincere intentions, the blessing of knowledge and prayer.

The book *Ta'lim Muta'allim* written by Imam Al-Zarnuji is one of the classical literatures that discusses in depth the ethics and methods of learning for knowledge seekers. It provides practical guidance on how a learner can achieve success in studying, including memorization. Imam Al-Zarnuji emphasizes the importance of the right intention, perseverance, and effective learning strategies.<sup>3</sup>

In the book *Ta'lim Muta'allim*, Imam Al-Zarnuji identifies several key factors that can facilitate the memorization process. Among these is the importance of having a sincere intention solely for the sake of Allah, which will bring blessings and facilitate the absorption of knowledge. Discipline and consistency in learning are also mentioned as the main keys to success. In addition, he emphasized the need for a conducive learning environment, which can improve concentration and focus. Support from teachers and peers is also considered important, as interaction and discussion with them can help strengthen memories.

The purpose of this study is to find out Imam Al-Zarnuji's view on the causes of memorization ease described in *Ta'lim Muta'allim*. By understanding these factors, it is hoped that more effective ways can be found in improving memorization skills among students, especially in the context of Islamic education. Through this analysis, we can take lessons from classical wisdom that are still relevant today, and apply them to modern learning methods.

As such, this study aims not only to explore Imam Al-Zarnuji's views, but also to apply his values and strategies in the context of contemporary education to improve the quality of learning and academic achievement of students.

## RESEARCH METHODS

This research uses a qualitative approach with a descriptive method to examine the factors that influence the ease of memorization in the book *Ta'lim Muta'allim* by Imam Al-Zarnuji. The qualitative approach was chosen because this research focuses on an in-depth understanding of Imam Al-Zarnuji's views. Through qualitative analysis, this study aims to identify and describe the factors that play a role in the memorization process based on the text of the book.

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<sup>1</sup> Arif, M. "Perkembangan pesantren di era teknologi." *Jurnal Pendidikan Islam* 28, no. 2 (2013): 307-322.

<sup>2</sup> Sopandi, D., and N. Andina Sopandi. *Perkembangan Peserta Didik*. Deepublish, 2021.

<sup>3</sup> Shofwan, A. M. "Metode belajar menurut Imam Zarnuji: telaah kitab *Ta'lim al muta'alim*." *Briliant: Jurnal Riset Dan Konseptual* 2, no. 4 (2017): 408-423.

Data collection in this study was carried out through in-depth reading of the book of Ta'lim Muta'allim to identify passages relevant to the research topic. This reading was done repeatedly to ensure a comprehensive understanding of the text. The data that has been identified is then categorized based on the main themes related to factors that affect the ease of memorization, such as sincere intention, discipline, learning environment, social support, and learning methods. Data analysis is done descriptively to describe how each of these factors affects memorization ability.

To ensure the validity and reliability of the research, data triangulation techniques were used by comparing findings from various sources and relevant literature. This technique helps in ensuring the consistency and accuracy of the analysis results. In addition, discussions with Islamic education experts were also conducted to obtain input and verification of data interpretation. Through systematic and comprehensive analysis, this research is expected to make a significant contribution to the development of more effective learning methods in the context of Islamic education.

## DISCUSSION AND RESEARCH RESULTS

وَأَقْوَىٰ سَبَابِ الْحِفْظِ الْجِدُّ وَالْمُواظَبَةُ وَتَقْلِيلُ الْعَدَاءِ وَصَلَاةُ اللَّيْلِ وَقِرَاءَةُ الْقُرْآنِ مِنْ أَسْبَابِ  
الْحِفْظِ.

قِيلَ: لَيْسَ شَيْءٌ أَزِيدُ لِلْحِفْظِ مِنْ قِرَاءَةِ الْقُرْآنِ نَظْرًا وَالْقِرَاءَةُ نَظْرًا أَفْضَلُ لِقَوْلِهِ عَلَيْهِ الصَّلَاةُ  
وَالسَّلَامُ: أَعْظَمُ أَعْمَالِ أُمَّتِي قِرَاءَةُ الْقُرْآنِ نَظْرًا.

*"And the strongest causes for memorization are perseverance, regularity, eating less, night prayer, and reciting the Qur'an.*

*It was said: Nothing helps memorization more than reading the Qur'an by sight, and reading by sight is better because the Prophet (peace and blessings of Allaah be upon him) said: "The most excellent deed of my Ummah is reciting the Qur'an by sight."*

### 1. Seriousness and Discipline/Regulation (الجدُّ وَالْمُواظَبَةُ)

Imam Al-Zarnuji emphasized that one of the most important factors in memorization ability is earnestness and discipline. Earnestness or al-jidd reflects commitment and consistent effort in learning. It not only means working hard but also includes sincere intention to acquire knowledge. Sincere intention is a major foundation in Islam and plays an important role in determining the blessings and success in any endeavor, including memorization.

Discipline or al-muwazhabah is the ability to remain consistent in memorization efforts. In the context of education, discipline means following a strict and organized learning routine. Imam Al-Zarnuji taught that without discipline, hard work often does not yield the expected results. Discipline involves effective time management, a commitment to study every day, and avoiding things that can disrupt concentration. In memorization, discipline is essential to ensure the information learned can be retained in long-term memory.<sup>4</sup>

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<sup>4</sup> Subroto, D. E. "Bab 2 Pembelajaran, Pengajaran dan Pendidikan." *Psikologi Pembelajaran*, 2023.

2. Reducing Food Intake (تَقْلِيلُ الْغَدَاءِ)

Reducing food intake or taqlilu al-ghidha' is the next factor emphasized by Imam Al-Zarnuji. According to him, eating too much can cause drowsiness and decrease concentration, which in turn interferes with the memorization process. In the Islamic tradition, maintaining a balance in eating is part of maintaining physical and spiritual health. Overeating can have negative effects on the body and mind, such as drowsiness, sluggishness, and the inability to concentrate fully.<sup>5</sup>

Imam Al-Zarnuji emphasized that by reducing food intake, one can maintain better focus and clarity of mind. This reduction does not mean sacrificing health, but rather maintaining a balanced diet and not overdoing it. Thus, the energy required for the learning and memorization process can be maximized. Moreover, eating less is also considered an exercise in self-control, which is one of the important aspects of character education in Islam.

3. Night Prayer (صَلَاةُ اللَّيْلِ)

Night prayer or qiyamul lail is a highly recommended act of worship in Islam and has many spiritual and physical benefits. Imam Al-Zarnuji emphasized that night prayer has significant benefits in improving memorization ability. Night prayers are performed in a quiet and solemn atmosphere, providing an opportunity for one to contemplate and memorize without external distractions. The quiet and peaceful atmosphere of the night is considered to be ideal for concentration and deep reflection.

Qiyamul lail is also a form of worship that brings one closer to Allah, asking for His help to make it easier to memorize and understand knowledge. <sup>6</sup>In the night prayer, a student can pray and ask for spiritual strength to help them in the learning process. This closeness to Allah through night worship can provide inner peace and boost self-confidence, which in turn positively affects memorization ability.

4. Reciting the Qur'an (قِرَاءَةُ الْقُرْآنِ)

Reciting the Qur'an, especially by looking at the Mushaf (nadzar), is said to be one of the best ways to strengthen memorization.<sup>7</sup> Imam Al-Zarnuji quoted a hadith of the Prophet Muhammad which states that "A'dhamu a'mali ummati qira'atul Qur'an nadzaran" (The greatest deed of my people is to recite the Qur'an by looking at the Mushaf). Reading the Qur'an visually helps strengthen visual memory which is very important in the memorization process. The process of reading with the eyes strengthens the memory through visual repetition and listening to the recitation.

In addition to cognitive benefits, reading the Qur'an also has profound spiritual effects. The Qur'an is the word of Allah, and reading it solemnly and taddabur (contemplating its meaning) brings blessings and peace of mind. This calm and blessed spiritual state facilitates the memorization process. Reading the Qur'an also involves the auditory (auditory) aspect when one reads it in an audible voice, which strengthens the auditory memory.

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<sup>5</sup> Jamaliah, N., and I. Hartati. *Pendidikan Kesehatan*. Penerbit NEM, 2023.

<sup>6</sup> Zulkarnain, A. F. "Konsep Pendidikan Jiwa Penuntut Ilmu Perspektif Abdul Wahhab Asy-Syarani dalam Kitab al-Minah al-Saniyah." Bachelor's thesis, Fakultas Ilmu Tarbiyah Dan Keguruan, UIN Syarif Hidayatullah, 2019.

<sup>7</sup> Badruzaman, D. "Metode Tahfidz Al-Qur'an di Pondok Pesantren Miftahul Huda II Kabupaten Ciamis." *KACA (Karunia Cahaya Allah): Jurnal Dialogis Ilmu Ushuluddin* 9, no. 2 (2019): 184-193.

## 5. Integration of Spiritual and Technical Aspects

Imam Al-Zarnuji's views in Ta'lim Muta'allim emphasize not only the technical aspects of the memorization process but also the spiritual and ethical aspects. Earnestness and discipline reflect a strong commitment to the pursuit of knowledge, while reducing food intake and night prayers emphasize the importance of physical and spiritual balance. Reading the Qur'an by looking at the Mushaf reflects a holistic approach that integrates the visual, auditory, and spiritual in the memorization process.

This integration creates a holistic and holistic approach to education, incorporating hard work, discipline, physical health, spiritual well-being and blessings.<sup>8</sup> This approach is in line with the principles of Islamic education, which sees knowledge as a means to get closer to Allah and improve oneself holistically.

## CONCLUSIONS

Imam Al-Zarnuji's view in Ta'lim Muta'allim on the factors that affect memorization ability provides comprehensive and holistic guidance. These factors include physical, mental, and spiritual aspects, indicating that the memorization process depends not only on physical effort but also on spiritual approaches and good learning ethics. By applying sincerity, discipline, maintaining food intake, night prayers, and regularly reading the Qur'an, a learner can significantly improve their memorization ability. These guidelines remain relevant and applicable in the modern context of learning to achieve optimal results.

By integrating technical and spiritual aspects, we can achieve a holistic approach to education, which not only aims to acquire knowledge but also to get closer to Allah and improve the self as a whole. This research is expected to contribute to the development of more effective and holistic learning methods in the context of Islamic education.

## LITERATURE

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<sup>8</sup> Fitrianto, A. T., and M. Mukhlis. "Relevansi Pendidikan Jasmani dengan Tujuan Pendidikan Islam dalam Membentuk Individu yang Seimbang Secara Fisik, Mental, dan Spiritual." *AL GHAZALI: Jurnal Pendidikan dan Pemikiran Islam* (2023): 73-92.

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