

UNCOVERING THE VEIL OF FORGETFULNESS IN LEARNING:

Review In The Book Of Ta'lim Muta'allim

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ABSTRACT

Forgetting, a reality that is often a scourge for knowledge seekers, becomes the main focus in the 12th chapter of Imam Al-Zarnuji's Ta'lim Muta'allim. This article delves into a deeper understanding of the causes of forgetting from the perspective of the classic book. The study identifies two main categories of causes of forgetting: internal and external factors. Internal factors include excessive busyness, anxiety, and sadness, as well as the consumption of certain foods. On the other hand, external factors include committing sins, seeing astonishing things, and passing through certain places. Furthermore, this article elaborates on the mechanisms behind each factor, explaining how they can interfere with the process of storing and retrieving information in memory. The discussion does not stop at identifying the causes, but offers practical solutions to overcome them. Through an in-depth analysis of Kitab Ta'lim Muta'allim, this journal makes a valuable contribution to understanding and overcoming forgetfulness, especially for students and knowledge seekers. This comprehensive understanding is expected to help them achieve success in gaining knowledge.

Keywords: Forgetting; Kitab Ta'lim Muta'allim; Internal Factors; External Factors; Islamic Education.

ABSTRAK

Lupa, realitas yang kerap kali menjadi momok bagi para penuntut ilmu, menjadi fokus utama dalam bab ke-12 Kitab Ta'lim Muta'allim karya Imam Al-Zarnuji. Artikel ini menyelami pemahaman mendalam mengenai penyebab lupa berdasarkan perspektif kitab klasik tersebut. Kajian ini mengidentifikasi dua kategori utama penyebab lupa: faktor internal dan eksternal. Faktor internal meliputi kesibukan, kegelisahan, dan kesedihan yang berlebihan, serta konsumsi makanan tertentu. Di sisi lain, faktor eksternal mencakup perbuatan dosa, melihat hal-hal yang mencengangkan, dan melewati tempat-tempat tertentu. Lebih lanjut, artikel ini menjabarkan mekanisme di balik masing-masing faktor, menjelaskan bagaimana hal-hal tersebut dapat mengganggu proses penyimpanan dan pengambilan informasi dalam memori. Pembahasan ini tidak berhenti pada identifikasi penyebab, tetapi menawarkan solusi praktis untuk mengatasinya. Melalui analisis mendalam Kitab Ta'lim Muta'allim, jurnal ini memberikan kontribusi berharga dalam memahami dan mengatasi lupa, khususnya bagi para pelajar dan penuntut ilmu. Pemahaman yang komprehensif ini diharapkan dapat membantu mereka dalam mencapai kesuksesan dalam menimba ilmu pengetahuan.

Kata Kunci: Lupa; Kitab Ta'lim Muta'allim; Faktor Internal; Faktor Eksternal; Pendidikan Islam.

INTRODUCTION

The book *Ta'lim al-Muta'allim*, written by Sheikh Burhanuddin Al-Zarnuji in the 13th century, is one of the classic works that became an important guideline in the world of Islamic education. The book not only teaches various disciplines, but also emphasizes the importance of manners and ethics in the pursuit of knowledge. Sheikh Al-Zarnuji pays special attention to various aspects that affect the teaching-learning process, including the problem often faced by students, namely the phenomenon of forgetting.

Forgetting is the loss of the ability to re-express information that we have received or that we have learned.¹ Simply defined, forgetting is the inability to recognize or remember something that has been learned or experienced.²

For those who travel the path of knowledge, memory is like a compass that guides them in the vast and boundless sea of knowledge. With a strong memory, they can explore the ocean of knowledge with confidence, absorbing knowledge like a water-thirsty sponge. However, on the way, the travelers of knowledge are often faced with an obstacle called forgetting.

For knowledge seekers, forgetting is like a stumbling block that hinders the path to success. Frustration and despair often color the moment when the knowledge that has been learned disappears from memory. However, behind this annoying phenomenon, there are valuable lessons and wisdom that can be extracted.

The book of *Ta'lim Muta'allim*, Imam Al-Zarnuji's monumental work, is like a lantern that illuminates the path for knowledge seekers in understanding the nature of forgetfulness and its solutions. The 12th chapter of the book deals specifically with the causes of forgetfulness, opening the curtain that has been covering the mystery behind memory loss.

Zarnuji explains the factors that cause forgetfulness, namely: a lot of sin and sin, complacent with worldly affairs and various busyness. The madness of the world cannot be separated from the darkness of the heart, while the madness of the hereafter is due to nur (light) in the heart and its visible effect on prayer. The madness of this world prevents one from doing good deeds, while the madness of the Hereafter encourages him to do good deeds for the happiness of the Hereafter.³

Understanding the causes of forgetfulness is not just about avoiding obstacles, but also about improving memory. By understanding the causes, we can take preventive measures and develop effective learning strategies to strengthen memory.

The importance of understanding the causes of forgetfulness can be summarized in the following points: (a) Improving memory: By knowing the root cause of forgetfulness, we can avoid it and take concrete steps to strengthen our memory; (b) Increases motivation:

¹ Alfun Sandi, Neviryani, *Ingatan II: Pengorganisasian, Lupa dan Model-Model Ingatan*, Edukatif : Jurnal Ilmu Pendidikan, Vol 3, 2021, h. 117

² Djamarah, S. B. *Psikologi Belajar*. 2008. Jakarta: Rineka Cipta

³ Yundri Akhyar, *Metode Belajar Dalam Kitab Ta'Lim Almuta'Allim Thariqat At-Ta'Allum*, Vol. 7, Al-Fikra: Jurnal Ilmiah Keislaman, 2008. h.339

Understanding that forgetting is normal can provide motivation for learners to continue learning and trying, even if they sometimes have difficulty remembering; (c) Improve learning quality: With a strong memory, learning becomes more effective and enjoyable. This enables learners to absorb knowledge more optimally and achieve higher performance.

Exploring the causes of forgetting from the perspective of Ta'lim al-Muta'allim provides valuable insights for students. By understanding the factors that cause forgetfulness, knowledge claimants can be more careful in maintaining their manners and habits, so as to minimize the occurrence of forgetfulness and more easily remember the lessons they have learned. Sheikh Al-Zarnuji also offers solutions and practices that can help overcome the problem of forgetting, such as increasing dhikr, keeping the heart and mind clean, and trying to always be in a state of purity.

It is hoped that this journal can be a useful contribution for those pursuing knowledge in understanding the causes of forgetfulness and finding solutions to overcome them. Thus, they can explore the ocean of knowledge with joy and achieve success in studying.

RESEARCH METHODS

This research uses a qualitative approach with a text analysis method. An in-depth study was conducted on the 12th chapter of Imam Al-Zarnuji's Ta'lim Muta'allim to identify the factors that cause forgetfulness and their solutions. Data were collected through text content analysis techniques. The text of the book was studied carefully and systematically to identify information related to the causes of forgetting and its solutions.

Data were analyzed using thematic analysis techniques. The main themes related to the causes of forgetting and its solutions were extracted from the text of the book. The data were categorized and interpreted to produce research findings. This research is expected to provide useful contributions for knowledge seekers, educators, and the general public in understanding and overcoming forgetfulness.

DISCUSSION AND RESEARCH RESULTS

وأما ما يورث النسيان : المعاصي ، وكثرة الذنوب ، والهموم ، والأحزان في أمور الدنيا ، وكثرة
الأشغال والعلائق .

وقد ذكرنا : أنه لا ينبغي للعاقل أن يهتم لأمر الدنيا ؛ لأنه يضُرُّ ، ولا ينفع . وهموم الدنيا لا تخلو
عن الظلمة في القلب ، وهموم الآخرة لا تخلو عن النور في القلب ، ويظهر أثره في الصلاة . وهم
الدنيا يمنعه عن الخير ، وهم الآخرة يحمله عليه . والاشتغال بالصلاة على الخشوع

وأما سبب نسيان العلم فأكل الكزبرة الرطبة والتفاح الحامض ، والنظر إلى المصلوب ، وقراءة الواح القبور ، والمرور بين قطار الجمال ، وإلقاء القمل الحي على الأرض ، والحجامة على نُقرة القفا . فتجنبوها كلها .

"The causes of forgetfulness are sinful deeds, many sins, difficulty and anxiety in worldly affairs, and much preoccupation and connection with worldly affairs. As we have stated above, the intelligent person should not be infatuated with the affairs of this world, for this will cause harm and will not benefit him at all. The madness of this world cannot be separated from the consequences of the darkness of the heart, while the madness of the Hereafter cannot be separated from the consequences of the glowing heart that will be felt during prayer. The madness of this world will prevent doing good deeds, but the madness of the hereafter will lead to doing good deeds. Praying fervently and studying knowledge can eliminate distress and anxiety in the heart.

*The causes that cause forgetfulness are eating coriander, sour apples, looking at crosses, reading inscriptions on graves, walking between sick camels, throwing living lice on the ground, and applying tattoos to the nape of the head. All of these cause forgetfulness."*⁴

The sentence above is a fragment of a chapter contained in the Book of Ta'lim Muta'allim, which contains information about the causes of forgetting to memorize. which contains information about the causes of forgetting to memorize. In the context of learning, forgetting to memorize becomes a major obstacle because it reduces the effectiveness of learning and mastery of learning is measured by understanding and strong memory of the lesson. Therefore, we will discuss in this article what are the causes of weak memory.

Weak memory is caused by several factors that can be categorized into two: internal factors and external factors. Some internal factors that can cause forgetfulness include:

1. Excessive busyness: In the book Taklim Muta'allim, it is explained that one of the causes of forgetting is being too busy with worldly affairs. The madness of the world cannot be separated from the darkness of the heart, while the madness of the hereafter is due to the nur (light) in the heart and its visible effect on prayer. The madness of this world prevents one from doing good deeds, while the madness of the Hereafter encourages him to do good deeds for the happiness of the Hereafter. A lot of busyness and thought can also lead to forgetting memorization. This shows that someone who has an overactive mind and too many activities can interfere with their ability to remember and memorize.
2. Restlessness and sadness: Restlessness and sadness due to worldly affairs have also been attributed as reasons for forgetting memorization. This shows that excessive anxiety and worry can interfere with one's focus and ability to learn. Unstable emotional states, such as anxiety and sadness, can inhibit learning and memory. Stress hormones released under these conditions can disrupt brain function and increase the risk of forgetting.

⁴ Az-Zarnuji, *Ta'lim al-Muta'allim*, Darul Kutub Islamiyyah: Jakarta, 2007. h.85-87

3. Consumption of certain foods: The book Ta'lim Muta'allim mentions some foods that can cause forgetfulness, such as eating wet coriander and sour apples (vinegar), this may be related to the content of certain substances in these foods that can affect brain function. The halalness of the food consumed also affects intelligence, Wallahu A'lam.

In addition to internal factors, Ta'lim Muta'allim also identifies some external factors that can cause forgetting, namely:

1. Eating wet coriander: Eating wet coriander has been linked as one of the reasons for forgetting memorization. This shows that an unbalanced diet can impair one's health and ability to learn.
2. Eating sour apples: Eating sour apples has also been linked to memory loss. This shows that an unbalanced diet can compromise one's health and ability to learn.
3. Seeing the crucified man: Seeing a crucified person is attributed as one of the reasons for forgetting memorization. This shows that traumatic experiences can impair one's ability to remember and memorize.
4. Reading inscriptions on grave stones: Reading inscriptions on grave stones has also been attributed as a cause of forgetting memorization. This shows that abnormal experiences can interfere with one's ability to remember and memorize.
5. Passing between the camels: Passing between camels is attributed as one of the reasons for forgetting memorization. This shows that abnormal experiences can interfere with one's ability to remember and memorize.
6. Throwing live lice on the ground: Throwing living lice on the ground is attributed as a cause of forgetting memorization. This shows that inhumane acts can interfere with one's ability to remember and memorize.
7. Taping on the curve of the shoulder: Being taped in the crook of the shoulder has been attributed as one of the reasons for forgetting memorization. This shows that traumatic experiences can impair one's ability to remember and memorize.

The mechanism behind these factors that cause forgetfulness can be explained as follows: *Internal factors*: Busyness, anxiety and sadness can interfere with concentration and the process of storing information in memory through the release of stress hormones and distraction of the brain. Consumption of certain foods can also affect brain function and increase the risk of forgetfulness.

External factors: Sin can pollute the heart and soul, thus interfering with learning and memory. This is likely related to the negative effects of sin on one's mental and spiritual state. Seeing astounding things can leave a person shocked and transfixed, resulting in the information being learned being displaced from memory. Passing by certain places can trigger forgetfulness due to negative associations embedded in one's memory of those places.

Ta'lim Muta'allim offers some practical solutions to overcoming forgetfulness, including: (a) Maintain a healthy lifestyle: Eating a nutritious diet, exercising regularly, and getting enough sleep can help maintain brain health and improve memory; (b) Abstain from sin: Abstaining from sin can help keep the heart and soul healthy, thereby improving focus and memory; (c) Apply effective memorization techniques: Proper memorization techniques, such as using

mnemonics or acronyms, can help strengthen the retention of information in memory; (d) Increase prayer and dhikr: Prayer and dhikr can help calm the heart and mind, as well as improve focus and memory.

Islam also explains how to overcome forgetfulness in learning so that the knowledge we get can be remembered again and not easily forgotten so that knowledge is blessed. Because it is only from Allah that our knowledge comes from. "So Most High is Allah, the true king, and do not rush to read the Qur'an before it is revealed to you, and Say: "O my Lord, increase me in knowledge."

The Messenger of Allah has also taught how to overcome forgetfulness in learning, namely by praying to Allah. As the Prophet has instructed Ali, namely: "Ibn Abbas said, By Allah there was no gathering of five or seven people, until Ali came to meet the apostle in the assembly and said 'O Messenger of Allah, whenever I feel empty, I memorize four verses or more. But when I repeat it, I forget it. Today I learned forty verses or more. But when I recite it again, it is as if the Quran is mixed with Hadith. When I try to recite it, I can't pronounce it with confidence even if it's just one letter.'" Then the Prophet said, "Have faith in the ruler of the ka'bah, O abu Hasan."

The discussion of the causes of forgetfulness in Ta'lim Muta'allim is a valuable guide for those who pursue knowledge. By understanding and applying the solutions, they can navigate the ocean of knowledge with confidence and achieve their goals in pursuing knowledge.

CONCLUSIONS

Forgetting is a natural phenomenon for humans, and in the book Taklim Muta'allim various kinds of factors that cause forgetting from external and internal. And how to overcome it by avoiding the factors that cause forgetfulness and getting closer to the creator. The importance of understanding the causes of forgetting lies in its ability to lead knowledge seekers to the right solution. By knowing the root of the problem, they can take preventive and curative measures to minimize the potential for forgetting and optimize the learning process.

More than just discussing forgetfulness, this journal offers practical guidance for knowledge seekers in achieving success in gaining knowledge. A comprehensive understanding of forgetting and its solutions is expected to lead them to a broader and more luminous scientific gate. This research is expected to make a useful contribution to knowledge seekers, educators, and the general public in understanding and overcoming forgetfulness.

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