

Fasting on Mondays and Thursdays as a Factor Increases the Emotional Intelligence of Young Moslem

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Abstract

Fasting is not only an obligation for a Moslem, but it also benefits the lives of Moslems who are fasting. This study examines the effectiveness of fasting Monday and Thursday toward emotional intelligence in young Moslems. This research is a kind of quantitative research experiment with one-group pretest-posttest design model. The samples in this study have amounted to 15 young Moslems. The method of data collection uses the scale of emotional intelligence. The data analysis technique uses paired samples t-test techniques. The result of this study shows that fasting Monday and Thursday is one of the factors that increase emotional intelligence in young Moslems.

Keyword: Fasting on Mondays and Thursdays; Emotional Intelligence; Young Moslem.

As of February 2019, the total world population exceeds to 7.71 billion people, and this number continues to grow every day (World Population Review, 2019). Young people are one of the largest human populations in the world. According to WHO (2006) young people are categorized as the age range between 10-24 years. Since 2014, young people aged 10 to 24 constitute a quarter of the world's population (Smith, 2014).

Our world is home to 1.8 billion young people between the ages of 10 and 24, and the population of young people is growing fastest in the poorest countries (Das Gupta et al., 2014). Even entering 2017, the world population for young people reaches 42 percent of people under the age of 25 (Khokhar, 2017).

It is seeing the affected population of young people in the world— certainly a severe concern for the development of world civilization. Because the world of young people is a world that is so complicated full of question marks, there are many phenomena of the dynamics of life that occur in young people. Many problems faced by young people, especially in the present era, which are full of developments in science and technology.

One of the problems experienced by young people is the problem of emotional intelligence. Daniel Goleman (1998) defines emotional intelligence is the capacity for recognizing our feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and our relationships.

Sangeetha (2017) found that factors that influence emotional intelligence include age, gender, work experience, and marital status. Today, young people are indeed required to be smarter in various fields. Many young people are intellectually intelligent but not emotionally intelligent enough. This is evidenced by many phenomena that show the tendency of young people not to be emotionally intelligent. So, whether in the effort to develop emotional intelligence only rests on the factors of age, gender, work experience, and marital status can emotional intelligence be formed, especially in young Moslems.

According to Daniel Goleman (2009), emotional intelligence has five domains that are divided into personal skills and social skills: personal skills (knowing one's emotions, managing emotions, motivating oneself), social skills (recognizing emotions in others, handling relationships). Based on five emotional intelligence domains, the phenomenon of low emotional intelligence in young Moslems is observed by researchers. From the results of observations and interviews with a group of young Moslems at one of the universities in Indonesia shows the tendency of low emotional intelligence.

As in the domain motivating oneself, that there is a fear phenomenon at young will face competition with other people to get a job later after graduating from college. This shows that optimism in young Moslems tends to below.

Likewise, on the managing domain of emotions, there is a phenomenon of young Moslems who show an attitude that cannot accept the changes that occur in their lives. So, it tends to take actions that are contrary to the law. This shows that they cannot adapt to changes and cannot control their emotions.

In addition to the domain handling relationships, there are difficulties in collaborating, especially when getting group assignments. As well as chaos in maintaining a group team, causing blame to each other.

Then we need a way that can develop emotional intelligence in young Moslems, without relying on fundamental factors or environmental factors. However, there must be efforts made by young Moslems to develop emotional intelligence on him.

One way to increase emotional intelligence in young Moslems is through the implementation of fasting. From the perspective of Islamic psychology, the study of the influence of worship on aspects of human life has been carried out by previous experts.

Nikfarjam, Noormohammadi, and Shahordordi (2015) found that fasting in the month of Ramadan can be one of the factors that influence emotional intelligence. Fasting in Islam means stop eating, drinking, and doing intimate relationships with one's partner during the daytime hours - from dawn (first light) to sunset (Albirr Foundation UK, 2014).

Looking at previous studies, namely the research of Nikfarjam, Noormohammadi, and Shahrekordi (2015), fasting, which was studied, was fasting in the month of Ramadan. In this study, researchers focused on the study of sunnah fasting in Islam. One form of sunnah fasting in Islam is fasting Monday and Thursday.

Mondays and Thursdays fasting based on the hadith narrated by an-Nasa'i No. 2357 (2010, p. 654): Usamah bin Zaid said to the Apostle Sallallahu 'alaihi wa sallam, "O Messenger of Allah, you are seen fasting to the point that there is no time for you not to fast. You also do not seem to fast, to the point that you are never fasting. Except for the two days that you met with him and fasted at that time. "The Prophet sallallaahu 'alaihi wa sallam asked," What are these two days? "Usamah replied," Monday and Thursday. Rabb of the universe (to God). I really like it when my charity is confronted while I'm in a state of fasting". In this study, researchers to conduct studies of psychological experiments to find out whether there are differences between before and after the treatment of fasting Monday and Thursday against emotional intelligence in young Moslems.

Method

Type and Design of Research

This study uses a quantitative type of experimental research. According to Creswell (2014), experimental research seeks to determine whether a particular treatment gives a result. The type of experimental research used was pre-experimental designs with one-group pretest-

posttest design models. This design begins with the pretest followed by the administration of treatment and continued posttest for one group.

According to Dimitrov and Rumrill (2003) that pretest-posttest designs in experimental research, are suitable to be used to compare groups and measure changes in pretest and posttest data.

Population and Sample

The population in this study are Moslem young people who have the following characteristics:

1. Moslem young people are ranging in age 17-24 years old.
2. Status as a student in a university in the city of Palembang, Republic of Indonesia.
3. Respondents who are both male and female.
4. Willing to be the respondent of this study.

Determination of the number of research samples based on the opinion of Creswell (2012) revealed that around 15 respondents for the experimental group. Then the number of samples determined in this study amounted to 15 respondents.

In this study, researchers conducted a study of one group to find out whether there was an effect of treatment in the form of fasting Monday and Thursday against emotional intelligence in the experimental group, which is Moslem young people.

Variable and Measurement

The variables in this study consisted of two variables. First, independent variables, namely fasting on Monday and Thursday. Second, the dependent variable is emotional intelligence.

Monday and Thursday fasting in this study were the treatments given to the experimental group. To measure emotional intelligence in this study. Researchers used a scale of emotional intelligence totaling 60 item scales compiled based on the theory of Daniel Goleman (2009) emotional intelligence has five domains: knowing one's emotions, managing emotions, motivating oneself, recognizing emotions in others, handling relationships.

Research Flow

This study lasted for approximately four months, consisting of preparation, conducting research and processing data. The flow of the implementation of this study consists of three stages. The first stage begins with the pretest, in the form of taking data on measuring emotional intelligence for this research group. After taking pretest research data, the emotional intelligence score was obtained.

The second stage is giving treatment, which is divided into two forms of theory and practice of fasting Monday and Thursday to the research group. Giving treatment theory is carried out by researchers using the fasting Monday and Thursday experiment modules. The experimental module in this study contains the definition and basis of the implementation of fasting Monday and Thursday, the benefits of fasting Monday and Thursday toward Moslem young people. After giving a treatment theory about Monday and Thursday fasting, the next treatment is the practice of fasting Monday and Thursday by the experimental group in this study. Giving treatment in this study lasted for one month, one week twice the treatment of fasting practices (Monday and Thursday).

The third stage is the posttest, which is the retrieval of data in the form of measurement of emotional intelligence to the research group that had previously been given fasting treatment Monday and Thursday. After taking posttest research data, the emotional intelligence score was obtained. After the three stages of the research flow are carried out, the analysis of research data is ready. The flow of this research is as shown in table 1

Table 1. Research Design

Pretest	Treatment	Posttest
O1	X	O2

Description Table 1

- O1 : Pretest Emotional Intelligence
 X : Treatment Monday and Thursday Fasting (Theory and Practice)
 O2 : Posttest Emotional Intelligence

Data Analysis Method

In analyzing this research data, the researcher used the help of computer program statistics JASP (Jeffrey's Amazing Statistics Program) version: 0.8.5.1.

In analyzing this research data, there are two stages of data analysis. First, the assumption test is carried out, namely the data normality test using the Shapiro Wilk technique (Goss Sampson, 2018).

After the assumption test is fulfilled, the second test is carried out, the hypothesis test which aims to determine whether there are differences before and after the treatment of fasting Monday and Thursday on emotional intelligence in Moslem young people.

Hypothesis testing in this study uses a paired sample t-test technique, which aims to compare the mean between two groups related to the same continuous and dependent variables (Sampson, 2018).

Results

Reliability Scale and Validity Item

In this study, researchers tested the reliability and validity of the research instrument. The research instruments tested were the emotional intelligence scale. The technique of determining scale reliability in this study uses Cronbach's alpha (r^{α}) with a minimum rule value if the value of r^{α} - 0.6 to approach the number 1. Then the scale is said to be reliable (Reza, 2016). The scale reliability test in this study got the value of $r^{\alpha} = 0.923$, then the scale in this study was declared reliable.

Table 2. Reliability Statistics

Reliability Statistics	
Cronbach's Alpha	N of Items
.923	47

While the technique of determining item scale validity in this study uses the Pearson product moment technique with rules if the value of $p < 0.05$, then item scale is said to be valid (Reza, 2016).

Based on the results of the item scale validity test on a total of 60 items scale in this study. In getting 47 items that are at the level of p value <0.05 , it is said to be a valid item and as many as 13 items that are at the level of $p > 0.05$, then it is said that the item is fall.

Normality Test Data

In the process of data analysis in this study. Before hypothesis testing is carried out, the assumption test is carried out, namely the data normality test. The normality test of the data in this study used the Shapiro-Wilk technique. The results of the data normality test can be seen in table 3.

Table 3. Test of Normality

Assumption Checks

Test of Normality (Shapiro-Wilk)			
		W	p
Pretest	Posttest		
Emotional -	Emotional	0.904	0.109
Intelligence	Intelligence		

Note. Significant results suggest a deviation from normality.

Based on the results of the data normality test, the value $p = 0.109$ in the sense that the value $p > 0.05$, then the data in this study are typically distributed (Reza, 2017) so that it can be continued to analyze the hypothesis test.

Hypothesis Testing

After the normality test, the data is fulfilled; the researcher continues the hypothesis test. In this study, researchers wanted to prove whether there were differences before giving treatment in the form of fasting Monday and Thursday against emotional intelligence in young Moslems. To test the hypothesis of this study, researchers used a paired sample T-Test technique as the results of hypothesis testing can be seen in table 4.

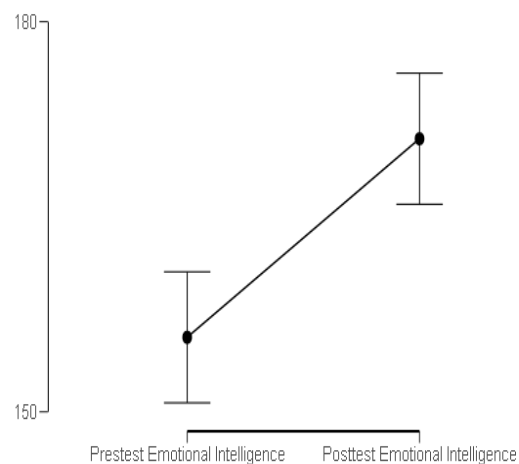
Table 4. Paired Samples T-Test

		Paired Samples T-Test		
		t	df	P
Prestest	Posttest			
Emotional -	Emotional	-4.596	14	< .001
Intelligence	Intelligence			

Note. Student's t-test.

Based on the paired samples t-test, the sig (p) = <0.001 value means the sig (p) <0.05 (Reza, 2017). Then it can be interpreted that there is a significant difference between pretest emotional intelligence with posttest emotional intelligence.

Treatment in the form of Monday and Thursday fasting has a significant influence on emotional intelligence in young Moslems. The influence given by Monday and Thursday fasting has a significant positive effect in the sense that young Moslems who do fast Monday and Thursday have an increasing number in emotional intelligence. This was also proven by a descriptive plot. As seen in chart 1.

**Chart 1. Descriptives Plot**

Based on chart 1, a descriptive plot shows that there are very striking differences between pretest emotional intelligence (before giving fasting treatment Monday and Thursday)

with posttest emotional intelligence (after giving fasting Monday and Thursday). After treatment, fasting Monday and Thursday, Emotional intelligence in young Moslems increases significantly. Visible score lines also increase on the chart.

Comparison Between EI Domains

In this study, researchers also conducted a comparative analysis between before and after the treatment of fasting Monday and Thursday for each emotional intelligence domain. As can be seen in table 5.

Tabel 5. Pretest-Posttest Domains Emotional Intelligence

Paired Samples T-Test			
Pretest-Protest	t	df	p
knowing one's emotions	-4.515	14	< .001
managing emotions	-3.676	14	0.002
motivating oneself	-4.343	14	< .001
recognizing emotions in others	-2.956	14	0.010
handling relationships	-3.488	14	0.004

Note. Student's t-test.

Based on the paired samples t-test test in table 5, the five emotional intelligence domains got sig (p) <0.05 (Reza, 2017). Then it can be interpreted that there is a significant difference between pretest emotional intelligence with posttest emotional intelligence in each emotional intelligence domain. If further analyzed, there are two domains that have very significant differences, namely the domain of knowing one's emotions and motivating oneself.

Comparison of EI Gender

In this study, researchers also analyzed the comparison of emotional intelligence in terms of gender differences (men and women) can be seen in table 6

Tabel 6. Gender and Emotional Intelligence

Descriptive Statistics		
Emotional Intelligence		
	Men	Women
Valid	8	7
Missing	0	0
Mean	169.8	172.4

Based on comparative analysis in table 5, Men have a mean value = 169.8, Women have a mean value = 172.4, that the value of women is higher than the men's. It can be concluded that women are more emotional intelligence than men in this study.

Discussion

Based on the results of the analysis of the findings of the data in this study, it appears that fasting Monday and Thursday have an impact on emotional intelligence in young Moslems. There were significant changes between before the pretest and posttest of the implementation of fasting Monday and Thursday for the respondents.

Emotional intelligence itself is needed by young Moslems in facing the challenges of this modern age. According to Daniel Goleman (1997), intelligence quotient (IQ) contributes only 20% to life's successes. The rest of the results of emotional intelligence, including factors like the ability to motivate oneself, persistence, impulse control, mood regulation, empathy, and hope. IQ and emotional intelligence are not opposing competencies; instead, they work separately. It is possible to be intellectually brilliant but emotionally inept.

The usefulness of fasting is also supported by previous studies by experts. The research of Marbut, Al-Najjar, and Abdulrahman (2005) concluded that fasting worship could be beneficial to one's physical health. Individuals who perform fasting will experience a reduced risk of developing coronary heart disease, so fasting is excellent protection from the cardiovascular system.

Furthermore, the research of Ahmad et al. Conclude that fasting is beneficial to human health physically, psychologically, and socially. The physiological effects of fasting can reduce blood sugar, cholesterol, and lower blood pressure. Even fasting can be a therapy for healing a person from mild to severe illness (S et al., 2012).

In this study, researchers also carried out several further analyzes, such as grouping emotional intelligence levels on respondents, as in table 5.

**Table 5. Level of Emotional Intelligence
In Respondents**

Score	Level	N	%
$X > 179$	High	2	13%
164-179	Moderate	11	74%
$X \leq 163$	Low	2	13%
Total		15	100%

Based on the emotional intelligence level table in this study. That there are 74% of respondents, have moderate emotional intelligence levels. It is seen that there are 13% of respondents having high emotional intelligence levels after giving the treatment of fasting Monday and Thursday. However, there are still 13% who are still in low-level emotional intelligence.

Why there are still respondents, who are at a low level after giving worship treatment satisfied Monday and Thursday, from the perspective of Islamic psychology, fasting is secret worship. Why is it a secret? Because only the person who runs the fasting knows the worship. Thus, the reward for the person who fasts is multiplied because fasting is done for Allah and will be rewarded with His kindness (Reza & Magfiroh, 2016).

As the history of the Khuzaimah hadith (1970), the Prophet said about fasting: "Every charity of the Children of Adam is doubled, one good with ten goodness to seven hundred times. Allah said: "except fasting, he is for Me and I reply. He left his lust and ate for me". People who fast have two happiness. Happiness at breaking the fast and happiness at the time

of meeting His Rabb. "The aroma of the mouth of a person who fasts is more fragrant in the sight of Allah than oil."

The benefits of fasting are also found in the hadith narrated by Nasa'i No. 2211 (an Nasa'i, 2010, p. 630). The Messenger of Allah said: Allah said, "The practice of fasting is for Me. I'll personally respond. For people who fast, they will get two happiness, namely happiness when they meet their Lord and when they break their fast. "The smell of the fasting person is more fragrant by Allah than the smell of Kasturi oil."

In the sense that it is fasting Monday and Thursday, not only in the form of holding back hunger and thirst but holding back all activities from things that are not permitted as religious people. So that if the fasting of Monday and Thursday is done in totality. Then it will have a better impact on emotional intelligence.

Conclusion

This study found that fasting is one of the factors that influence the increase of emotional intelligence in Moslem young people. The domains that experience the most changes after the treatment of fasting Monday and Thursday are the domains of knowing one's emotions and motivating oneself. This study also found that there was a tendency for women to have higher emotional intelligence than lower men.

Recommendation

From the results of this study, researchers provide recommendations. First, to young moslem, to try to increase the intensity of fasting on Monday and Thursday. So that it is expected to increase emotional intelligence in young moslem. Secondly, to further researchers, they can conduct further research on the impact of fasting on Monday and Thursday for aspects of young moslem life. Such as in terms of psychological aspects, physiological aspects, social aspects, and spiritual aspects.

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