

## Adolescent Coaching in Women's Activities

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### Abstract

This study aims to examine how to foster youth in women's activities at Al-Maqom Islamic Boarding School Cibabat Cimahi. This research uses descriptive qualitative method. Research subjects were selected by purposive sampling. Data collection techniques include: observation, interviews, and documentation. The subjects of the research were the leaders of the Islamic boarding school, religious teachers, student council administrators and students. Data analysis techniques use data collection, data reduction, data display, and verification. The results and discussion of this study indicate that women's activities at the Al-Maqom Islamic Boarding School Cibabat Cimahi can help students develop their positive character. This is evidenced by data verification with a data assessment rubric, that from the results of observations, interviews, and documentation, it shows that the development of youth at this pesantren is through women's activities. This research concludes that women's activities are very appropriate in the self-development of adolescents.

**Keywords:** Formation; Womanhood; Youth

### Abstrak

Penelitian ini bertujuan untuk mengkaji bagaimana pembinaan remaja dalam kegiatan keputrian di pondok Pesantren Al-Maqom Cibabat Cimahi. Penelitian ini menggunakan metode kualitatif deskriptif. Subjek penelitian dipilih secara purposive sampling. Teknik pengumpulan data meliputi: observasi, wawancara, dan dokumentasi. Subjek penelitian adalah Pimpinan Pondok, Guru Agama, Pengurus OSIS, dan santri. Teknik analisis data menggunakan data collection, data reduction, data display, dan verifying. Hasil dan pembahasan penelitian ini menunjukkan

bahwa kegiatan keputrian di Pondok Pesantren Al-Maqom Cibabat Cimahi dapat membantu santri dalam mengembangkan karakter positif yang ada pada diri mereka. Hal ini dibuktikan dengan verifikasi data dengan rubrik penilaian data, bahwa dari hasil observasi, wawancara, serta dokumentasi menunjukkan bahwa pembinaan remaja dipondok pesantren ini melalui kegiatan keputrian. Penelitian ini menyimpulkan bahwa kegiatan keputrian ini sangat tepat dalam pembinaan diri remaja.

**Kata Kunci:** Keputriaan; Pembinaan; Remaja

### **Introduction**

Activities are a gathering place for young women to broaden their knowledge, skills and understanding of womanhood . Women's activities here guide students and introduce the position or position of women in Islam, morals or behavior as women, emancipation and equality, women's fiqh and others . The attitude or spiritual value of the santri is one of the aspects that can influence the level of success of education in keputrian activities. In this case the students are guided to be able to deepen their knowledge and get closer to religion, especially their relationship with Allah, while also being given guidance regarding their rights as Muslim women.

The results of research that are relevant to this study regarding the development of adolescents in women's activities are as follows: the process of women's activities carried out in Islamic boarding schools is very important to instill Muslim students so that they have Muslim characteristics in them. The women's program is a process to know and understand the obligations of women, especially for those who have reached puberty so that they can become Muslim women who have etiquette that must be carried out and instilled in life. (Rahma, 2020). In general, women's activities are one of the implementation of religious activities carried out in Islamic boarding schools and students to examine studies on femininity in accordance with Islamic religious law. With neat management and routinely intended to introduce and teach how to become a complete woman. Keputrian is teaching material that discusses various matters related to women's/girls' activities, periods of psychological development, as well as some important issues for young women and adult women (Khofifah, Pendidikan Keputrian Dalam Kepribadian Muslimah Yang Terampil, 2016). Women's activities are activities specifically for

female students. This women's activity is very important to increase knowledge or insight so that later students are expected to have a Muslim personality that is in accordance with the Qur'an and Hadith. Al-Quran which describes a woman who is ideal, creative, productive, dynamic, polite and independent, but still respects her faith and morals (Mulia, 2014).

While the novelty of this research is to examine the development of youth in women's activities so that the purpose of this research is to explain the development of youth through women's activities. As an effort to help provide an introduction, and increase the insight of students, especially in the field of Islamic religion and study of femininity. Youth coaching activities are very important to implement in realizing santi who have good morals through the implementation of women's activities. This activity is expected to encourage the creation of teenagers who have noble Muslimah characteristics in accordance with the Al-Qur'an and Hadith.

The research location chose Al-Maqom Islamic Boarding School Cibabat Cimahi, Al-Maqom Islamic Boarding School is one of the educational institutions that organizes youth development, educational institutions that develop women's activities in Islamic boarding schools. Al-Maqom Islamic Boarding School tries to offer the concept and practice of youth development to the students. In addition, the Al-Maqom Islamic Boarding School was chosen because of its location close to where the researcher lives, making it easier for researchers to access the required data.

The list of princess material at the Al Maoqm Cibabat Cimahi Islamic Boarding School is listed as follows:

No	Time		Material Title	Speaker
	Month	Sunday		
1	July	I	Dating Law	Religion teacher
2		II	Women's Privileges	Religion teacher
3		III	Unlawful make-up for women	Homeroom teacher
4		IV	Heaven's Missing Woman	Homeroom teacher
5	August	I	Inspirational Stories of Women in the Age of the Prophet	Homeroom teacher
6		II	Good and Right Procedures for Ablution	Cottage Leader
7		III	Procedures for Performing Good and Right Prayers	Cottage Leader

8		IV	Veil Law for Women	Cottage Caretaker
9	October	I	Menstrual Blood And Istihadoh	Cottage Leader
10		II	Adolescent Morals	Religion teacher
11		III	Controlling the Tongue	Religion teacher
12		IV	The Role of Women in the Qur'an and Hadith	Cottage Caretaker
13		I	Teen Association Etiquette	Headmaster
14	November	II	Compulsory Bathing And Sunnah	Cottage Caretaker
15		III	The Role of Women in the Qur'an and Hadith	Cottage Caretaker
16		VI	Commendable Amaliyah Muslimah	Homeroom teacher
17		I	Fiqh of Women	Cottage Leader
18	December	II	Priority of Seeking Knowledge	Cottage Leader
19		III	Woman Is A Leader	Cottage Caretaker
20		IV	Wise In Social Media	Headmaster

## Research Methods

This research method uses a qualitative approach (Darmalaksana, 2020). Examining various phenomena experienced by research subjects, such as behavior, perspective, daily behavior, holistically by using the description method so that they can describe what is experienced and presented in scientific studies (Arifin, 2010). In collecting data, this study used two methods, namely by way of interviews and observations or directly jumping into the field of observation. To obtain data, the researcher conducted interviews or interviews and then continued with observations so that accurate data was produced. Data generated from interviews and observations were reviewed and studied in depth, verified and finally explained in conclusions (Husaini Usman & Purnomo Setiady Akbar, 2000).

## Results and Discussion

### A. Literature review

Viewed in the religious context, coaching can be in the form of an effort, action and activity carried out efficiently and to get better results (Kebudayaan, 1988). When viewed in general, there are many opinions that

define coaching, which include interpreting coaching as an activity that is carried out consciously, structured and directed and is responsible for improving oneself with various aspects (RI, 1983). Viewed in its application, coaching can be in the form of directing, providing information, stimulating, supervising and also controlling which basically is to create an atmosphere that helps develop positive potentials and control low values. So it can be concluded that coaching is a program where those who are coached gather to receive and digest information, skills and information either by developing it or by adding new ones. Coaching can also be understood as a form of intentional effort towards participants by the coach to achieve certain goals from the coaching (Zulianingsih, 2019). In psychology, adolescence is a period of transition from early childhood to early adulthood, that is, entering at approximately 10 to 12 years of age and ending at 18 to 22 years of age. Adolescence begins with rapid physical changes, dramatic growth in weight and height, changes in body shape, development of sexual characteristics such as enlargement of the breasts, development of the hips and moustache, and in the voice. In this development, the results of the process of maturity and identity are very visible, the mindset that is owned is more logical, abstract, and spends more and more time outdoors (Mualimah, 2019). Adolescence is a period in which the human individual grows and develops from the first time he shows secondary sexual signs until he reaches sexual maturity (Sarwono, 2012).

Keputrian is derived from the word Putri which means daughter. Keputrian is learning about matters related to activities carried out by women/adolescent girls, the developmental period and important issues of adolescents and young women (Khofifah, Pendidikan Keputrian dalam Pembentukan Musimah yang Terampil, 2016). Women's activities are a means or forum for Muslim women (adolescent girls) to gather to increase knowledge, skills and understanding of Muslim women, by implementing structured and professional management that is carried out continuously. Islamic boarding schools are formal educational institutions that carry out education and teaching in a purposeful, purposeful and structured manner. Thus, schools as formal education carry out planned, intentional, structured and systematic education by professional teachers by carrying out programs that are poured into the curriculum for a certain period of time and followed by students at every level who are in the pesantren. Islamic boarding schools are one of the educational developments where students are based on the beliefs and demands of the family environment and the environment which are unable or do not have the opportunity to develop

education in the surrounding environment, because of all the limitations of the parents and guardians of the students.

### **1. Implementation of youth coaching in women's activities at the Al-Maqom Cibabat Cimahi Islamic boarding school**

The results of interviews with the leadership of the Islamic boarding school regarding the implementation of youth coaching in women's activities at the Al-Maqom Cibabat Cimahi Islamic boarding school, through discussion studies or seminars conducted by teachers in the Islamic boarding school field. The results of interviews with the head of the Islamic boarding school at Al Maqom Cibabat Cimahi Islamic Boarding School were included in weekly activities which were carried out in one meeting every Friday which was attended by all students, both from the beginning to the final level. The results of observations on the implementation of youth coaching in women's activities at the Al-Maqom Islamic boarding school are internalized in the learning materials of students at school and at the Islamic boarding school.

### **2. Factors supporting and inhibiting the implementation of youth coaching in women's activities at the Al-Maqom Cibabat Cimahi Islamic boarding school**

The inhibiting factor in the implementation of youth coaching in women's activities at the Al-Maqom Cibabat Cimahi Islamic boarding school comes from the students themselves and Psychological factors, namely factors within the students themselves can also support the internalization of the values of moral education because when the souls of the students feel happy to do an activity, the activity will be easier enter the students. In this way, a process of habituation is needed in children so that these activities are not in vain, apart from the intention on the soul of the santri making it one of the supporting factors for the internalization of moral education values. the first boarding school is from the students themselves, especially the students who do commuting or commonly called santri bats, usually they are absent a lot because they are sick or hampered in their travels and vehicles, and secondly psychological factors, usually students who have just entered, they still don't can adapt to the dense activities at the Islamic boarding school so that they are still unable to be conducive in following it, and the understanding of the students in the field of women's issues in the Islamic religion is also very different, so usually when the activities are finished the boarding school administrators will do talaqqi so that the students understand fal and understand from the book



or books that have been studied in the previous activity so that the students can realize this knowledge in everyday life. Supporting factors in the implementation of youth development in female activities at the al maqom cibabat cimahi Islamic boarding school which come from themselves is the awareness of the students that as a santri he is obliged to study because seeking knowledge is obligatory in Islam and as a santri he is obliged to obey every rule made by the pondok and always participate in activities with good intentions. Parents also play a role in internalizing the values of moral education, because parents always provide support and positive expectations for children. Parents must pay attention to their children's education so that they don't just leave it to the cottage or school, parents also play an active role in helping, because parental attention is very necessary to support a good education in children.

### **3. The effectiveness of coaching youth in female activities at Al-Maqom Islamic Boarding School Cibabat Cimahi**

The results of interviews with religious teachers at the Al-Maqom Islamic Boarding School, the effectiveness of coaching youth in female activities at Al-Maqom Islamic Boarding School Cibabat Cimahi can be seen from the high enthusiasm in the boarding school environment and the spirit of togetherness in building students who are pious, have good morals, are Islamic, are intelligent, are of good quality as well as excelling in achievement as the next generation of scholars , as well as the various achievements achieved , This aims to develop aspects of knowledge and skills as well as mental readiness of female students regarding matters related to women's or household tasks that they will one day face. The program that has been set by the Women's Guidance team includes discussions or sharing stories, lectures on problems that are encountered daily by young women, cooking demonstrations, sewing which are carried out by ustadzahs. the results of the research in this activity are proven by showing that the students look very enthusiastic about the guidance that is being carried out and the procedures for fiqh, morals, and monotheism that are taught have been applied in the daily life of the students themselves and they have also been able to solve fiqh problems that occur in their lives too many memorizing several studies on the privileges of women, they have also been able to apply any customs in Islam especially for women who are allowed and prohibited in them to be very careful when doing something related to Islamic sharia they also do more religious activities can draw themselves closer to the creator and they can also implement their

knowledge to their fellow female friends both in the pesantren environment, at home, and at school.

## B. Discussion

Guidance for adolescents in women's activities at Al-Maqom Islamic Boarding School Cibabat Cimahi is carried out through discussion studies or seminars conducted by teachers in the field of Islamic boarding schools, this can be one of the means for students to be able to better understand their rights as Muslim women. Judging from several things that exist in the life of the santri, the internalization of the value of fostering youth through female activities is seen as very important because the existence of female activities in the pesantren environment greatly helps students in building good morals in accordance with Islamic law. The implementation of youth development in women's activities in the Al-Maqom Cibabat Cimahi Islamic Boarding School environment was carried out by involving several parties in the Islamic boarding school environment including the leadership of the Islamic boarding school, religious teachers, OSIS administrators, several students, and its implementation through discussion studies or seminars. Inhibiting and supporting factors in fostering youth through women's activities come from the students themselves and psychological factors, namely factors within the students that can support the internalization of moral education values. To achieve the expected goals, of course, you must first understand the factors that come from internal and external so that you can identify and prepare various things that are needed by educational institutions (Astari, 2021). The effectiveness in fostering youth through female activities at the Al-Maqom Islamic Boarding School Cibabat Cimahi can be seen from the high enthusiasm in the boarding school environment and the spirit of togetherness in building students who are pious, have good morals, are Islamic, intelligent, qualified and excel in achievement as the next generation of scholars , as well as various achievements.

One of the references that made the Islamic boarding school to make this women's activity was to be able to achieve the vision and mission that already existed by referring to a hadith narration of the Muslim priest no.1467 and the word of Allah QS An Nisa verse 34 which reads:

عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ لَا لَالِ الْمَرْأَةُ الصَّالِحَةُ



Meaning: "From Abdullah bin Amr, the Messenger of Allah said that the world is jewelry, and the best jewelry in the world is a pious wife" (HR Muslim No. 1467).

الرِّجَالُ قَوَّامُونَ عَلَى النِّسَاءِ بِمَا فَضَّلَ اللَّهُ بَعْضَهُمْ عَلَى بَعْضٍ وَبِمَا أَنْفَقُوا مِنْ أَمْوَالِهِمْ ۚ فَالصَّالِحَاتُ قَنَاطٌ حُفَّتُ  
لِلْغَيْبِ بِمَا حَفِظَ اللَّهُ ۗ وَالَّتِي تَخَافُونَ نُشُوزَهُنَّ فَعِظُوهُنَّ وَاهْجُرُوهُنَّ فِي الْمَضَاجِعِ وَاضْرِبُوهُنَّ ۚ فَإِنْ أَطَعْنَكُمْ فَلَا  
تَبْغُوا عَلَيْهِنَّ سَبِيلًا ۗ إِنَّ اللَّهَ كَانَ عَلِيمًا كَبِيرًا .

Meaning: "Men (husbands) are protectors of women (wives), because Allah has made some of them (men) superior to others (women), and because they (men) have provided maintenance from their wealth. So pious women are those who obey (to Allah) and take care of themselves when (her husband) is not around, because Allah has taken care of (them). The women you are worried about nusyuz, you should advise them, leave them on the bed (separate beds), and (if necessary) beat them. But if they obey you, then don't look for reasons to trouble them. Verily, Allah is Most High, Most Great."

## Conclusions

The results of the research and discussion on coaching youth in women's activities, the aim is that coaching youth in women's activities is very effective. The inhibiting and supporting factors of education in the implementation of youth coaching are that the women's activities carried out have several obstacles including the students themselves, especially students who do not live in the Islamic boarding school environment, while the supporting factors include the awareness that exists in the students themselves that as a students, they are obliged to seek knowledge because seeking knowledge is obligatory in Islam. The effectiveness of coaching youth in women's activities is to create high enthusiasm in the boarding school environment and a spirit of togetherness in building Muslim women with morals in accordance with the Al-Qur'an and Hadith.

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## Conflicts of interest:

In this way, the results of the research that has been carried out are free from conflicts of interest of certain parties who may claim the results of this research.

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