

**PENGARUH PROGRAM QAYLULAH TERHADAP
KONSENTRASI BELAJAR PESERTA DIDIK
(STUDI KASUS DI SD ICP AL-FALAH DARUSSALAM TROPODO
SIDOARJO)**

TESIS

Diajukan untuk Memenuhi Sebagian Syarat
Memperoleh Gelar Magister dalam Program Studi Pendidikan Agama Islam



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ABSTRAK

Annisa Rahmania Azis, “*Pengaruh Program Qaylulah terhadap Konsentrasi Belajar Peserta Didik (Studi Kasus di SD ICP Al-Falah Darussalam Tropodo Sidoarjo)*.” Tesis Program Studi Pendidikan Agama Islam, Fakultas Tarbiyah dan Keguruan Universitas Islam Negeri Sunan Ampel Surabaya.

Penelitian ini dilatarbelakangi oleh problem penurunan konsentrasi belajar peserta didik pada sekolah berbasis *full day school*, khususnya pada sesi siang hari setelah rangkaian aktivitas akademik dan ibadah. Kondisi tersebut dipengaruhi oleh meningkatnya kelelahan biologis dan beban kognitif yang menghambat efektivitas pembelajaran. Rumusan masalah penelitian ini mencakup: (1) penerapan Program *Qaylulah* di SD ICP Al-Falah Darussalam Tropodo Sidoarjo; (2) tingkat konsentrasi belajar peserta didik; dan (3) pengaruh Program *Qaylulah* terhadap konsentrasi belajar peserta didik. Kerangka teori penelitian didasarkan pada *Restoration Theory* (Ian Oswald) yang menekankan fungsi tidur sebagai pemulih fisiologis-kognitif, serta *Cognitive Load Theory* (John Sweller) yang menyoroti keterbatasan memori kerja dalam proses belajar. Penelitian ini menggunakan pendekatan *mixed methods* dengan desain penelitian lapangan melalui observasi, wawancara, dokumentasi, serta angket berskala Likert kepada 90 peserta didik sebagai sampel. Hasil penelitian menunjukkan bahwa Program *Qaylulah* diterapkan secara terstruktur dan konsisten dalam ritme harian sekolah. Secara empiris, program ini terbukti meningkatkan kesiapan belajar, fokus atensi, kecepatan respon, serta ketahanan konsentrasi peserta didik pada pembelajaran sesi siang dan sore. Analisis korelasi menunjukkan adanya hubungan positif antara penerapan *Qaylulah* dan peningkatan konsentrasi belajar. Temuan ini berimplikasi teoretis pada penguatan model pembelajaran berbasis kesejahteraan biopsikospiritual, serta memperkaya literatur pendidikan Islam yang mengintegrasikan praktik sunnah dengan pendekatan neurosains dan manajemen beban kognitif.

Kata Kunci: *Qaylulah*, Konsentrasi Belajar, Beban Kognitif.

ABSTRACT

Annisa Rahmania Azis, *“The Influence of the Qaylulah Program on Students’ Learning Concentration (A Case Study at SD ICP Al-Falah Darussalam Tropodo Sidoarjo).”* Master’s Thesis, Islamic Education Study Program, Faculty of Tarbiyah and Teacher Training, State Islamic University Sunan Ampel Surabaya.

This study is motivated by the issue of declining learning concentration among students in full day school settings, particularly during afternoon sessions following a series of academic and religious activities. This condition is influenced by increasing biological fatigue and cognitive load, which hinder the effectiveness of learning. The research problems include: (1) the implementation of the *Qaylulah* Program at SD ICP Al-Falah Darussalam Tropodo Sidoarjo; (2) the level of students’ learning concentration; and (3) the influence of the *Qaylulah* Program on students’ learning concentration. The theoretical framework draws upon Ian Oswald’s Restoration Theory, which emphasizes sleep as a physiological–cognitive restorative function, and John Sweller’s Cognitive Load Theory, which highlights the limitations of working memory in learning processes. This study employs a mixed-methods approach with field research design through observations, interviews, documentation, and Likert-scale questionnaires administered to 90 student participants. The findings show that the *Qaylulah* Program is implemented systematically and consistently within the school’s daily schedule. Empirically, the program enhances students’ learning readiness, attentional focus, response speed, and concentration endurance during afternoon learning sessions. Correlation analysis indicates a positive relationship between the implementation of *Qaylulah* and improved learning concentration. Theoretically, these findings strengthen the concept of biopsychospiritual well-being in instructional design and enrich Islamic education literature by integrating prophetic practices with neuroscientific perspectives and cognitive load management.

Keywords: *Qaylulah*, Learning Concentration, Cognitive Load.

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