

# ANALISIS *RESILIENSI* PADA MAHASANTRI TAHFIDZ DI MA'HAD

## IBNU KATSIR JEMBER

Siti Hajizah<sup>1</sup> Istiqomah<sup>2</sup> Erna Ipak Rahmawati<sup>3</sup>

### INTISARI

Mahasantri tahfidz merupakan para santri yang sedang membagi fokusnya menjadi penghafal Al-Quran serta menjadi mahasiswa agar mendapatkan gelar Strata 1. Berdasarkan peraturan dan kegiatan yang padat, mahasantri harus memiliki *resiliensi* agar mampu bertahan dan menyesuaikan diri dengan tanggung jawab yang dimiliki. *Resiliensi* merupakan kemampuan individu untuk dapat beradaptasi dan menyesuaikan diri ditengah kondisi yang dirasa menekan dan sulit agar individu tetap berkembang menghadapi kesulitan. Penelitian ini bertujuan untuk mengetahui gambaran *resiliensi* pada Mahasantri Tahfidz Ma'had Ibnu Katsir Jember. Penelitian menggunakan desain penelitian kuantitatif deskriptif yang dilakukan untuk memberikan gambaran tersebut. Populasi dalam penelitian ini sebanyak 155 subjek, sedangkan sampel yang digunakan sebanyak 112 subjek dengan teknik *purposive sampling*. Penelitian ini menggunakan alat ukur CYRM (*Children and Youth Resilience Measurement*) yang disusun oleh Michael Ungar bersama dengan Linda Lieberberg, kemudian telah diadaptasi oleh Ihsana Sabriani Boruologo dan Philip Jefferies (2019).

Hasil penelitian menunjukkan bahwa sebanyak 53 mahasantri (47%) memiliki *resiliensi* yang cenderung tinggi dan sisanya 59 mahasantri (53%) memiliki *resiliensi* cenderung rendah. Mahasantri dengan tingkat *resiliensi* tinggi akan mampu menyesuaikan diri dengan tanggung jawab yang dirasa menekan. Sedangkan mahasantri yang memiliki tingkat *resiliensi* rendah cenderung menilai kesulitan sebagai beban dan mahasantri belum bisa mengatasi permasalahan dalam manajemen waktu dengan baik. Sehingga mahasantri perlu mengembangkan *resiliensi* melalui tiga dimensi yaitu individual, *relation with caregiver* dan *contextual*.

**Kata kunci : *Resiliensi*, Mahasantri, Pondok Pesantren Tahfidz.**

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1. Peneliti
  2. Dosen Pembimbing I
  3. Dosen Pembimbing II

**ANALYSIS RESILIENCE ON THE TAHFIDZ STUDENT  
IN MA 'HAD IBNU KATSIR JEMBER**

**Siti Hajizah<sup>1</sup> Istiqomah<sup>2</sup> Erna Ipak Rahmawati<sup>3</sup>**

**ABSTRACT**

The tahfidz students was the santri who divided its focus into memorizing the Al-Quran and and students in order to obtain the stratal degree. According to very dense rules and activities, tahfidz student must have resiliensi in order to survive and adjust to the responsibilities it has. Resiliensi is the individual's ability to adapt and adapt in a self-sustaining environment that pressures and becomes difficult to keep the individual developing through adversity. This research is aimed at getting a picture of the consequences on ma'had Tahfidz Ibnu Katsir Jember. Research uses descriptive quantitative research design to provide that description. The population in this study is as many as 155 subjects, while the sample used is 112 subjects with purposive sampling techniques. The study uses CYRM gauged by ungar along with Linda liebenberg, and has then been adapted by ihsana sabriani borualogo and Philip jefferies (2019). This research is aimed at getting a picture of the resiliensi tahfidz student on the ma 'had ibnu katsir Jember. Research uses quantitative research design with the type of descriptive statistics that are done to provide that description. The population in this study is as many as 155 subjects, while the sample used is 112 subjects with purposive sampling. The study uses CYRM (Children and Youth Resilience Measurement) gauges arranged by Michael ungar along with Linda liebenberg, and has then been adapted by ihsana sabriani borualogo and Philip jefferies (2019).

Research shows that as many as 53 tahfidz student (47%) have high tended resiliensi and 59 percent remain (53%) have low tended precipitation. Standing in line with high resiliensi will be able to adjust to perceived responsibilities. While resiliensi with low levels of uncertainty tends to judge difficulty asa burden and tahfidz student has not overcome the problem of managing time well. And so it needs to develop resiliensi through three dimensions of individual, relation with caregiver and contextual.

***Keywords: Resilience, Tahfidz Student, Tahfidz Boarding House***

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1. *Researcher*
  2. *First Supervisor*
  3. *Second Supervisor*