

ABSTRAK

Hasna Adilah, 221.371.210. Hubungan Puasa Sunnah Senin-Kamis Dengan Kedisiplinan Ibadah Mahasiswi Stit Madani Yogyakarta Tahun Akademik 2025/2026. Skripsi. Yogyakarta : Program Studi Pendidikan Agama Islam. Sekolah Tinggi Tarbiyah Madani Yogyakarta , 2026. Penelitian ini dilatarbelakangi oleh fakta bahwa berada dalam lingkungan pendidikan keagamaan yang mendukung ibadah secara teratur, Mahasiswi semester 7 belum mampu mengoptimalkan disiplin ibadah. Ini dapat diamati dalam fakta bahwa masih ada inkonsistensi dalam ibadah, kurangnya ketepatan waktu salat, dan partisipasi di bawah standar dalam kegiatan keagamaan. Diasumsikan bahwa kinerja puasa hari Senin- Kamis memiliki hubungan dengan disiplin ibadah, karena dapat mempraktikkan pengendalian diri, kesabaran, dan konsistensi dalam ibadah. Tujuan dari penelitian ini adalah untuk memastikan keberadaan dan kekuatan Hubungan Puasa Sunnah Senin-Kamis Dengan Kedisiplinan Ibadah Mahasiswi Stit Madani Yogyakarta.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Responden penelitian berjumlah 50 mahasiswi semester 7 STIT Madani Yogyakarta yang terdiri atas kelas reguler dan unggulan. Data dikumpulkan melalui kuesioner mengenai pelaksanaan puasa sunnah Senin–Kamis dan kedisiplinan ibadah, kemudian dianalisis menggunakan uji korelasi Spearman Rank dengan bantuan program SPSS. Hasil penelitian menunjukkan bahwa variabel puasa sunnah Senin–Kamis memperoleh skor total sebesar 2.140 dari skor maksimum 2.500 atau 85,6%, sehingga termasuk dalam kategori baik. Pada variabel ini, aspek niat dan keikhlasan memperoleh kategori sangat baik, sedangkan aspek frekuensi puasa, konsistensi puasa, dan pemahaman terhadap puasa sunnah berada dalam kategori baik.

Sementara itu, variabel kedisiplinan ibadah memperoleh skor total sebesar 2.166 dari skor maksimum 2.500 atau 86,64%, yang juga termasuk dalam kategori baik. Aspek kepatuhan terhadap aturan agama dan tanggung jawab ibadah berada pada kategori sangat baik, sedangkan aspek ketepatan waktu, konsistensi ibadah, dan keaktifan mengikuti kegiatan keagamaan berada pada kategori baik. Hasil uji korelasi Spearman Rank menunjukkan nilai koefisien korelasi sebesar 0,676 dengan nilai signifikansi 0,000 ($p < 0,05$). Hal ini menunjukkan bahwa terdapat hubungan positif yang signifikan dan berkategori kuat antara pelaksanaan puasa sunnah Senin–Kamis dan kedisiplinan ibadah mahasiswi semester 7 STIT Madani Yogyakarta Tahun Akademik 2025/2026. Dengan demikian, semakin baik pelaksanaan puasa sunnah Senin–Kamis, maka semakin tinggi pula tingkat kedisiplinan ibadah mahasiswi.

Kata Kunci: Puasa Sunnah Senin-Kamis, Kedisiplinan Ibadah

ABSTRACT

Hasna Adilah, 221.371.210. The Relationship Between Monday-Thursday Sunnah Fasting and the Discipline of Worship Among Female Students at Stit Madani Yogyakarta, Academic Year 2025/2026. Thesis. Yogyakarta: Islamic Religious Education Study Program, Madani College of Education Yogyakarta, 2026. This research is motivated by the fact that even though seventh-semester female students are in a religious educational environment that supports regular worship, they have not been able to fully optimize their worship discipline. This can be seen in the fact that there are still inconsistencies in their worship, a lack of punctuality in prayers, and below-standard participation in religious activities. It is assumed that observing the Monday-Thursday fasting has a connection with worship discipline, as it allows practicing self-control, patience, and consistency in worship. The aim of this study is to determine the existence and strength of the relationship between Monday-Thursday Sunnah fasting and the worship discipline of female students at Stit Madani Yogyakarta.

This study uses a quantitative approach with a correlational design. The research respondents were 50 seventh-semester female students of STIT Madani Yogyakarta, consisting of regular and outstanding classes. Data was collected through questionnaires about the practice of Sunnah fasting on Mondays and Thursdays and worship discipline, then analyzed using the Spearman Rank correlation test with the help of SPSS software. The results showed that the variable of Sunnah fasting on Mondays and Thursdays scored a total of 2,140 out of a maximum score of 2,500, or 85.6%, which falls into the good category. In this variable, the aspects of intention and sincerity were rated very good, while aspects of fasting frequency, fasting consistency, and understanding of Sunnah fasting were rated good.

Meanwhile, the worship discipline variable scored a total of 2,166 out of a maximum score of 2,500, or 86.64%, which also falls into the good category. The aspects of compliance with religious rules and responsibility in worship are in the very good category, while aspects like punctuality, consistency in worship, and actively participating in religious activities are in the good category. The Spearman Rank correlation test results show a correlation coefficient of 0.676 with a significance value of 0.000 ($p < 0.05$). This indicates that there is a significant positive relationship with a strong category between performing the Monday–Thursday Sunnah fast and the worship discipline of 7th-semester female students at STIT Madani Yogyakarta in the 2025/2026 academic year. Therefore, the better the practice of the Monday–Thursday Sunnah fast, the higher the level of worship discipline among the students.

Keywords: Voluntary Fasting on Mondays-Thursdays, Worship Discipline