

Diagnosis of Learning Difficulties From The Perspective of The Qur'an

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Abstract

The objective of this investigation is to investigate the learning challenges that pupils encounter from the Qur'an's perspective. There are a variety of factors that can contribute to learning difficulties, including emotional and motivational challenges, health issues, environmental factors, distinct learning styles, and concentration problems. The methods employed may not be compatible with the learning styles of certain students, which may result in their inability to comprehend the learning materials. In order to guarantee effective learning processes, it is crucial to identify the most suitable learning styles in this context. This study employs a qualitative methodology that incorporates a literature review to examine pertinent Qur'anic verses regarding learning and the challenges that students encounter. Data were collected from journals, literature, and observations of current educational phenomena. The research results indicate that the Qur'an offers valuable guidance in overcoming learning challenges, including the significance of effective time management, concentration, and positive intentions. The Qur'an also underscores the importance of perseverance, strong motivation, and knowledge in the area of learning. This study has concluded that the Qur'an can be a source of inspiration and guidance for overcoming learning difficulties by harmonising learning methods with individual characteristics and enhancing students' motivation and concentration. Consequently, the implementation of the Qur'an's principles in the educational system can alleviate the learning challenges that students encounter.

Keywords: *Qur'an, Learning Difficulties, Perspective*

INTRODUCTION

In an ideal world, learning should serve as a tool for fostering the development of individuals into more well-rounded individuals by transferring knowledge. The learning process is not solely intended to acquire knowledge; it also aims to cultivate the character and skills that equip individuals to confront the obstacles of life. Nevertheless, the learning process frequently fails to proceed smoothly in actuality. The learning process can be challenging for many individuals due to a variety of factors. The individual, context, and environment in which they learn can significantly influence the severity of these challenges. In order to resolve learning difficulties, it is crucial to identify the various factors that contribute to them and to develop suitable solutions.

Interconnected internal and external factors can influence learning difficulties. An individual's learning approach is one of the primary factors that influences learning difficulties. The learning preferences of each individual are unique. For instance, certain pupils may learn more effectively through auditory methods (hearing), visual methods



(sight), or kinesthetic methods (physical movement). If the teaching methods employed do not correspond with an individual's learning approach, they will encounter challenges in comprehending and retaining the information. This frequently occurs due to the fact that the teaching process fails to consider the diverse learning styles of the students (Suryani, 2010).

Additionally, concentration is another critical factor that contributes to learning challenges. A person's capacity to concentrate on the material being examined may be impaired by attention disorders or concentration difficulties. Conditions such as anxiety can impede the learning process by preventing an individual from maintaining focus for an extended period. Ultimately, individuals may struggle to remember or implement the knowledge they have acquired due to a lack of focus, which can impede their ability to comprehend the material. Consequently, learning difficulties are significantly influenced by concentration difficulties (Dian, Rizky Utari, 2023).

Learning difficulties are also significantly influenced by health issues. A person's capacity to learn can be impacted by specific medical conditions, including dyslexia (reading difficulties), dysgraphia (writing difficulties), or other neurological disorders. Furthermore, mental health conditions, including anxiety and depression, can also serve as significant obstacles to the learning process. The efficacy of learning is ultimately diminished by these conditions, which not only affect cognitive abilities but also influence motivation and concentration. Consequently, it is crucial to prioritize health concerns that may influence the learning process.

Additionally, learning difficulties are significantly influenced by the learning environment. The learning process can be exacerbated by an environment that is not conducive to learning, such as a lack of social support, high levels of commotion, or limited resources. Despite their high potential or ability, students who lack access to sufficient educational resources will encounter learning challenges. Similarly, students may experience feelings of isolation and a diminished motivation to learn as a result of a lack of support from family or peers. The learning challenges that students encounter can be further exacerbated by these environmental factors.

Learning difficulties are also exacerbated by a lack of motivation, in addition to the aforementioned factors. Motivation is a critical factor that motivates an individual to exert additional effort in order to accomplish their objectives. A student is likely to lose enthusiasm and be hesitant to exert additional effort if they are unable to see the benefits of the subject being studied or are not interested in it. A student's motivation can be impacted by boredom, a lack of clear objectives, or a lack of interest in the subject matter, which can ultimately impede the learning process. Consequently, it is imperative to identify strategies that will enhance student motivation in order to surmount learning obstacles.

Additionally, learning challenges may result from inadequate study skills. These abilities encompass the capacity to effectively implement learning strategies, organize study materials, and manage time. Numerous students encounter learning challenges due to their inability to effectively manage their time and study material. As a consequence, they are unable to optimize their learning time and encounter difficulty comprehending



the taught material. Consequently, it is crucial to cultivate appropriate learning skills in order to enhance the efficiency and effectiveness of the learning process for students.

A comprehensive approach is required to identify and resolve these issues, as the factors that influence learning difficulties are intricate. Each person has unique requirements and obstacles; therefore, solutions must be customized to accommodate each circumstance. Consequently, it is imperative that educators, parents, and society work together to establish an environment that fosters student success, thereby enabling them to more effectively address their learning challenges. It is highly recommended that students seek the assistance of educational professionals to assist them in identifying the underlying issues and developing more effective learning strategies if learning difficulties persist without appropriate intervention.

In this context, the Qur'an's perspective provides highly pertinent guidance for overcoming learning challenges. The Qur'an not only imparts guidance on how to acquire knowledge but also offers profound principles on the significance of motivation, perseverance, concentration, and positive intentions in the learning process. The Qur'an underscores in numerous verses that knowledge is a favor from Allah that must be pursued with diligence. Additionally, the Qur'an emphasizes the significance of maintaining a harmonious equilibrium between the physical, mental, and spiritual components of the learning process. Consequently, the Qur'an's method of addressing learning challenges can provide a comprehensive and pertinent solution for students who encounter a variety of learning obstacles..

The objective of this paper is to diagnose the learning challenges that students encounter by utilizing the principles outlined in the Qur'an. We also endeavor to identify suitable solutions to resolve these learning difficulties using a more in-depth and Qur'an-based approach. There are numerous pertinent writings, including Yulinda Erma Suryani's article "Kesulitan Belajar" (Suryani, 2010), which examines the factors that impede the learning process, and Hadi Cahyono's article "Faktor-faktor Kesulitan Belajar Siswa di MIN Janti," which investigates the learning challenges students encounter in identifying the factors that cause these challenges (Cahyono, 2019). The challenges students encounter in learning mathematics related to word problems are the subject of another pertinent article, "Analisis Kesulitan Belajar Matematika dalam Menyelesaikan Soal Cerita" by Dian Rizky Utari et al. (Dian, Rizky Utari, 2023).

We aspire to contribute to the advancement of more effective teaching strategies that are consistent with Qur'anic principles by gaining this understanding. This will enable students to surmount the challenges they encounter and achieve their educational objectives.

METHODS

The accumulation, analysis, and synthesis of data from a variety of pertinent literatures are the primary objectives of this study, which employs a qualitative approach and the library research method. A research method known as the library method, or literature review, is a method that utilizes written sources, including books, journal articles, research reports, and other writings that are pertinent to the subject of the



investigation. This method is particularly well-suited for the discussion of theoretical topics or for the explanation of phenomena that have already been extensively discussed in antecedent literature, such as the learning difficulties that students encounter in the context of education.

The primary objective of this research is to accurately diagnose learning difficulties from the Qur'an's perspective. Consequently, a phenomenological approach is employed to investigate the subjective experiences of pupils or individuals who are experiencing learning difficulties. Phenomenology is a method that is employed to comprehend the subjective experiences of individuals within broader social and cultural contexts. The researcher's objective is to investigate the manner in which educational stakeholders, such as students and teachers, interpret these experiences and the ways in which they are impacted by internal and external factors during the learning process, by employing a phenomenological approach.

This research concentrates on the acquisition of data regarding the psychological, social, and cognitive factors that contribute to learning difficulties, as elucidated in the Qur'an. The researcher compiles written sources, including books that analyze education in the context of Islamic teachings and the Qur'an, as well as journal articles that address learning difficulties. Additionally, the research incorporates a variety of prior studies that are pertinent to the phenomenon of learning difficulties in education, which are frequently encountered in both formal and informal educational institutions.

Sources of Data

The data sources for this study are derived from literature that is pertinent to the subject of learning difficulties and education from the perspective of the Qur'an. Some of the primary sources are books, research reports, journal articles, and other written works that address learning difficulties and the factors that contribute to them. "Kesulitan Belajar" by Yulinda Erma Suryani is a critical article that is cited. This article discusses a variety of factors that impede the learning process, such as the learning environment, health issues, concentration problems, and differences in learning styles (Suryani, 2010). Furthermore, Hadi Cahyono's research, "Faktor-faktor Kesulitan Belajar Siswa di MIN Janti," offers a more comprehensive comprehension of the factors that impede students' learning and the significance of comprehending the underlying issues that contribute to learning difficulties (Cahyono, 2019).

"Analisis Kesulitan Belajar Matematika dalam Menyelesaikan Soal Cerita" by Dian Rizky Utari et al. (Dian, Rizky Utari, 2023) is another pertinent article, particularly in the context of pupils who encounter challenges in comprehending word problems in mathematics. This article investigates the potential causes of learning difficulties in mathematics, particularly in the context of students' capacity to solve story-based problems that necessitate conceptual comprehension and the practical application of mathematics in daily life.

Additional sources utilized in this investigation include texts that analyze education from an Islamic perspective, with a particular emphasis on the Qur'an's perspective on knowledge and learning. These books present concepts regarding the application of the Islamic approach to education to address learning challenges and the application of the



Qur'an's principles to the learning process. This research not only investigates educational theories but also investigates the potential of the Qur'an to assist in the resolution of learning challenges that are frequently encountered in educational settings.

Procedures for Data Acquisition

The data acquisition process involved the examination and analysis of a variety of pertinent literature sources regarding the research topic. The researcher collected journal articles that addressed learning difficulties and the factors that contribute to them, as well as literature that addressed Islamic education and the teachings of the Qur'an. Subsequently, the data from these diverse sources were categorized and synthesized to acquire a more comprehensive comprehension of learning challenges from the Qur'an's perspective.

Furthermore, the researcher gathered data from prior studies that examined learning challenges in educational institutions, regardless of whether they were conducted in public schools or Islamic educational institutions. This data is employed to offer a more comprehensive understanding of the manner in which learning difficulties arise in the context of ordinary educational practice and the potential applications of the proposed solutions.

Analysis of Data

The data collected from a variety of literature sources were subsequently analyzed using a qualitative approach. Data analysis in qualitative research involves the extraction of meanings and comprehensions from the sources that have been collected, as well as the identification of the primary themes that have emerged from the data. The researcher employs a phenomenological approach to ascertain and comprehend the subjective experiences of individuals in the context of learning difficulties.

The analysis establishes a connection between the values and teachings of the Qur'an and the factors that contribute to learning difficulties, including concentration problems, health issues, learning environments, and distinctions in learning styles. In this regard, the researcher aims to elucidate a more profound comprehension of the ways in which the Qur'an can be used as a resource to address the learning challenges that students face. The researcher also endeavors to identify solutions that can be implemented in order to overcome the diverse challenges that are frequently encountered during the learning process, as per the teachings of the Qur'an.

RESULTS AND DISCUSSION

In the perspective of the Qur'an, learning difficulties or challenges in acquiring knowledge and understanding can be explained through several verses and relevant Islamic principles. Here are some points to consider:

Diversity of Abilities and Potentials

The Qur'an teaches that every individual is endowed with different potentials and abilities by Allah. In Surah Al-Baqarah (2:286), Allah says:

لَا يُكَلِّفُ اِنْفُسًا اِلَّا وُسْعَهَا



"Allah does not burden a soul beyond that it can bear." (Al-Baqarah 2:286)

This indicates that each individual has different capacities and abilities in facing challenges and learning.

The Qur'an teaches that Allah has endowed each individual with unique potentials and abilities. This implies that, according to the Qur'an, Allah bestows distinctive capabilities and potentials upon each individual. There are no two individuals who possess identical abilities and potential. Furthermore, there is a verse that underscores the diversity of the potentials and abilities of individuals. For instance, in Surah Ar-Rum, verse 22, Allah asserts that the variety of languages and skin colors are indications of His grandeur. This suggests that Allah's intention is to enhance the quality of human existence and cultivate complementary relationships among individuals by recognizing and embracing differences in abilities and potentials. Consequently, the Qur'an teaches that each individual possesses unique abilities and potentials, and these differences should be respected and valued. This diversity is a blessing from Allah that fosters a life that is abundant in opportunities, allowing each person to develop according to their potential (Sholichah, 2018).

Dedication and Patience

Muslims are urged to possess fortitude and exert diligent effort when confronted with adversities, as emphasized in the Qur'an. Allah states in Surah Al-'Asr (103:3):

إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَاصَوْا بِالْحَقِّ وَتَوَاصَوْا بِالصَّبْرِ

"Except for those who have believed and done righteous deeds and advised one another to truth and advised one another to patience."

Patience and consistent effort are indispensable in the pursuit of knowledge and comprehension. Indeed, the Qur'an underscores the significance of forbearance as a fundamental attitude for confronting life's obstacles and trials.

The importance of patience is underscored in numerous other verses of the Qur'an. For example, in verse 153 of Surah Al-Baqarah, Allah states:

لِيُفِيهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ

"O you who have believed, seek help through patience and prayer. Indeed, Allah is with those who are patient."

This verse instructs Muslims to continue to perform their obligatory prayers and to seek assistance from Allah through perseverance. In this context, patience is a symbol of surrender to Allah's will when confronted with adversities and challenges in life. Consequently, the Qur'an motivates Muslims to exercise forbearance and exert diligent effort when confronted with obstacles. This attitude of patience and diligence is a component of the faith and actions that Allah commands in order to achieve success and obtain His benevolence. (Nuridin, 2021)

Perseverance (sabr) and fortitude are highly regarded and essential qualities in Islam. These two qualities are perceived as methods of confronting the obstacles and tribulations of life, as well as embodiments of obedience to Allah. In Islam, perseverance



(sabr) is the capacity to maintain composure and resolve in the presence of adversities, obstacles, or challenges. This encompasses the ability to maintain composure while engaging in acts of worship, enduring the challenges of life, or refraining from perpetrating sins. In Islam, perseverance is not synonymous with passivity or procrastination; rather, it encompasses the ability to face challenges with good intentions and a reliance on Allah, as well as the qualities of courage and resilience. (Yulianti et al., 2022)

In the Qur'an, Allah SWT states:

وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ

"Seek assistance through patience and prayer, and indeed, it is difficult except for those who are humble." (Al-Baqarah: 45)

Patience is also highlighted in the sayings of the Prophet Muhammad SAW. He said: "Strength and success are achieved through patience." (HR. Ahmad) "A strong believer is one who can control their anger and maintain composure during challenging moments." (HR. Bukhari and Muslim)

In addition, Allah SWT has promised immense rewards for those who remain patient when faced with trials and difficulties:

فَصَبِرْ إِنَّ وَعْدَ اللَّهِ حَقٌّ

"Therefore, be patient; certainly, the promise of Allah is true." (Ar-Rum: 60)

Thus, in Islam, perseverance and patience are fundamental virtues that every Muslim is encouraged to practice. These qualities enable individuals to stay committed to religious teachings, overcome life's trials, and improve their piety and overall well-being. (Afrizal, 2016)

Inquiring about Knowledge

The Qur'an motivates Muslims to investigate His signs and pursue knowledge. Allah states in Surah Al-Mujadilah (58:11):

يَرْفَعُ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا الْعِلْمَ دَرَجَاتٍ وَاللَّهُ بِمَا تَعْمَلُونَ خَبِيرٌ

"Those who have believed among you and those who were given knowledge will be raised by Allah in stages." Additionally, Allah is acquainted with your actions.

This verse underscores the necessity for Muslims to pursue knowledge as a duty. The pursuit of knowledge is highly regarded in Islam. Allah underscores the significance of education and comprehension for humanity. The obligation to pursue knowledge is emphasized in numerous verses of the Qur'an and the sayings of the Prophet Muhammad (peace be upon him).

Surah Az-Zumar (39:9) is a verse that is frequently cited:

قُلْ هَلْ يَسْتَوِي الَّذِينَ يَعْلَمُونَ وَالَّذِينَ لَا يَعْلَمُونَ إِنَّمَا يَتَذَكَّرُ أُولُو الْأَلْبَابِ

"Declare, "Are those who possess knowledge equivalent to those who lack it? Only those who possess comprehension will be remembered."

This verse underscores the fact that ignorance is of significantly lesser value than knowledge. Allah bestows special recognition and elevates the ranks of those who possess knowledge (Bakri, 2016)

Additionally, the Prophet Muhammad (peace be upon him) underscored the significance of acquiring knowledge. According to him, "Seeking knowledge is an obligation upon every Muslim, male and female." This hadith demonstrates that it is obligatory for all Muslims to pursue knowledge throughout their lives.

Various aspects of life, such as religious knowledge, general sciences, practical skills, and more, are all included in the concept of knowledge in Islam. In Islam, the pursuit of knowledge is even regarded as a form of worship. The Prophet (peace be upon him) also stated, "Allah will facilitate the journey to Paradise for those who embark on a quest for knowledge." This demonstrates that the pursuit of knowledge brings one closer to Allah, as the knowledge acquired can be applied to worship Him correctly and adhere to His commands (Fahri & Zainuri, 2019)

Additionally, the pursuit of knowledge provides substantial advantages in the realm of the material world. An individual can make a positive impact on society, develop personal potential, overcome challenges, and achieve success in their professional pursuits by possessing a comprehensive comprehension. Islam promotes continual learning and underscores the importance of utilizing knowledge to benefit individuals, communities, and humanity as a whole.

Islam places a high value on the pursuit of knowledge. This is due to the fact that knowledge allows individuals to fulfill their religious obligations, contribute positively to the world, and receive Allah's bounties. Consequently, Muslims are urged to persistently pursue knowledge and improve their comprehension throughout their lives (Husna, 2018)

Seeking Assistance from Allah

A Muslim is advised to seek assistance and direction from Allah during periods of adversity, such as difficulties in learning. In Surah Al-Baqarah (2:45), Allah states:

وَاسْتَعِينُوا بِصَبْرٍ وَالصَّلَاةِ وَلِئِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ

"And seek help through patience and prayer. And indeed, it is difficult except for the humbly submissive [to Allah]."

In challenging situations, prayer and a strong relationship with Allah can offer the requisite support, serenity, and guidance. Many individuals believe that Allah responds to their prayers and provides assistance and direction in overcoming life's challenges and difficulties, and prayer (dua) is a means of communicating with Him.

When one is ensnared in challenging circumstances, dua provides spiritual solace and emotional fortitude. Individuals can feel heard and cared for by expressing their concerns, fears, or confusion to Allah through supplication. Dua also functions as a method of obtaining wisdom and guidance in order to identify solutions to issues.



Moreover, the ability to establish a strong connection with Allah through religious practices, spiritual reflection, and adherence to Islamic teachings can provide valuable guidance in overcoming life's obstacles. Individuals are provided with a perspective that enables them to address challenges with wisdom and faith by adhering to religious values and moral principles (Alex & Febriyani, 2022).

It is crucial to acknowledge, however, that prayer and a relationship with Allah do not ensure that all issues will be resolved immediately or that life will be free of adversity. Occasionally, Allah may require us to endure challenges as a part of our growth and character development, or His guidance or answers may differ from what we anticipate.

In addition to strengthening one's relationship with Allah and meditating, it is imperative to take the necessary steps to resolve the issues. Although Allah offers guidance, it is the responsibility of the individual to actively engage in the process of identifying solutions and surmounting obstacles. (Yeni, 2015)

Recognizing the Value of a Wide Range of Skills

The significance of respecting and appreciating the diversity of individual abilities is emphasized in Islam. The potential of each individual is distinct, and Allah does not regard any individual as superior or inferior based on their level of religiosity. In accordance with Surah Al-Hujurat (49:13):

إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَتَقَاكُمْ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ

*"Indeed, the most righteous of you is the most noble of you in the eyes of Allah."
"Indeed, Allah is knowledgeable and acquainted."*

The significance of respecting and valuing the diverse abilities of individuals within society is underscored by Islam. These principles are exemplified in Islamic teachings that promote the treatment of all individuals with equity, mutual respect, and assistance, irrespective of their individual abilities.

In Islam, each individual is regarded as valuable and deserving of respect due to their status as creations of Allah. Regardless of their intellect or physical capabilities, all humans are granted equal rights, which include the right to be respected and valued.

The significance of mutual respect among human beings is emphasized in the Qur'an. Furthermore, the sayings of Prophet Muhammad (peace be upon him) underscore the importance of respecting and appreciating differences in abilities. The Prophet (peace be upon him) stated, "Allah does not evaluate your wealth or appearance; rather, He evaluates your hearts and deeds." (HR. Muslim) This hadith emphasizes that an individual's worth is not determined by their intellect or physical capabilities, but rather by their sincerity and charitable actions, in the eyes of Allah. (2020, Maskuri)

In the social context, Islam promotes the support and assistance of its adherents, particularly those who require additional assistance due to their limitations. In Islam, the concepts of zakat, infaq, and sadaqah are methods of implementing the value of respecting diverse abilities and assisting others in society.



Consequently, Islam unequivocally emphasizes the significance of respecting and appreciating the diversity of abilities within a community. These principles promote social justice, mutual respect, and inclusivity among Muslims.

In the Qur'an, learning difficulties are not perceived as weaknesses, but rather as opportunities for development and testing. Individuals can surmount learning obstacles and acquire the desired knowledge by exercising patience, exerting effort, pursuing knowledge, praying, and showing reverence for diverse abilities (2023, Rahmat et al.).

Potential Resolutions

Different Learning Styles

Each person possesses a distinctive learning method. Visual methods are preferred by some, while auditory or kinaesthetic approaches are particularly effective for others. The following solutions can be implemented to account for these discrepancies: 1) Identifying the learning styles of each individual, Comprehend the preferable learning style of each individual by administering questionnaires or assessments. This information facilitates the customisation of instructional strategies to accommodate their requirements, 2) A variety of instructional strategies, Incorporate a variety of instructional methods. Utilise visual aids such as diagrams and charts for visual learners, discussions and lectures for auditory learners, and hands-on activities for kinaesthetic learners, 3) Offer a diverse selection of resources, Offer a diverse selection of learning materials, including interactive content, audio files, videos, and textbooks, to accommodate a wide range of preferences,

4) Classifying students according to their learning preferences, For collaborative activities, establish groups that are based on similar learning approaches in order to promote mutual support and effective learning, 5) Individual support:** Offer students personalised assistance to assist them in identifying their learning patterns and devising strategies to improve their academic performance, 6) Flexible assessments:** Use a variety of assessment methods, such as projects, presentations, and practical tasks, in addition to traditional exams, to enable students to demonstrate their understanding in the manner that is most comfortable for them, 7) Student Engagement, Motivate students to actively engage in the selection of the most effective learning methods for them. This fosters independence and proprietorship in their educational endeavours.

Difficulties with Concentration

Effective learning can be impeded by factors such as anxiety, attention disorders, or a lack of focus. These approaches may prove advantageous, 1) Develop a dependable study schedule, Establish a consistent study schedule that is conducted at optimal times to improve focus and ensure consistency, 2) Establish a study environment that is conducive to learning:** In order to enhance concentration, it is recommended that you study in a peaceful, distraction-free environment, Utilise relaxation techniques, Prior to studying, engage in deep breathing, meditation, or yoga to enhance focus and alleviate tension, 5) Divide tasks into smaller components, By dividing large tasks into smaller, more manageable sections, they become less overwhelming and simpler to complete, 6) Employ focus techniques, such as Pomodoro, To prevent fatigue and maintain focus, implement the Pomodoro technique (e.g., 25 minutes of concentrated study followed by 5-minute



breaks), 7) Minimise electronic distractions, Disable notifications and refrain from accessing social media or other applications during study sessions, 8) Seek the assistance of a professional, Consult a counsellor or psychologist for emotional support and specialised strategies if concentration issues persist.

Additionally, promoting improved learning outcomes, maintaining a healthy lifestyle—including regular exercise, consuming nutritious food, and getting sufficient sleep—can enhance focus and alleviate anxiety.

Medical Conditions

Health issues that impair an individual's capacity to concentrate, focus, and comprehend information can frequently result in learning difficulties. The following are a few potential solutions to health-related cognitive difficulties, 1) Seek medical attention, Consult a physician for an accurate diagnosis and treatment if you have a health condition that may impact your learning capacity. For instance, it is imperative to seek medical attention if you suffer from sleep disorders, impaired vision, or hearing impairments, 2) Develop a consistent sleep schedule, Optimised cognitive performance necessitates sufficient and high-quality slumber. Strive to achieve a consistent sleep schedule and aim for 7–8 hours of sleep each night 3) Prioritise the development of healthful eating habits, The efficacy of learning and concentration are significantly influenced by a holistic diet. While avoiding processed foods that are high in sugar and saturated fats, consume nutrient-rich foods such as fruits, vegetables, whole cereals, and protein,

4) Engage in physical activity on a regular basis, Physical activity enhances concentration, increases blood flow to the brain, and alleviates tension. Strive to engage in at least 30 minutes of moderate exercise or walking each day, 5) Arrange for rest and relaxation, It is beneficial to allocate time for rest and relaxation in order to prevent mental fatigue. In order to alleviate tension and improve concentration, consider employing strategies such as yoga, meditation, or deep breathing, 6) Utilise technology cautiously, Sleep and concentration may be impaired by excessive screen time. Establish boundaries for device usage and refrain from using displays prior to retiring for the night, 7) Seek assistance, Please do not hesitate to seek assistance from family, colleagues, or teachers. They can offer emotional and practical assistance to assist in overcoming learning obstacles.

Consult a health professional or educational psychologist for an evaluation and strategies that are customised to your specific requirements if learning difficulties persist or significantly impede your progress.

Unfavourable Environment

Effective learning can be impeded by an unsupportive learning environment, which may include insufficient resources at school, a lack of family or peer support, or excessive commotion. The following solutions may be beneficial, 1) Reducing noise, If your study environment is disrupted by commotion, seek out a quieter location, such as a library or a secluded study room. Employing headphones or earplugs can also reduce the number of distractions. If possible, engage in a conversation with school authorities or facility managers regarding pollution concerns in order to develop sustainable solutions, 2) Seek assistance from family and friends, If you are experiencing a lack of support from your



family or friends, it is important to be candid about your requirements. Describe the significance of their encouragement in facilitating your academic success. In the event that they are unable to offer adequate assistance, it may be beneficial to seek assistance from mentors, teachers, or study communities that are located outside of your immediate vicinity, 3) Conduct an investigation of external resources, If your institution is inadequately equipped with resources, contemplate the utilisation of out-of-school learning resources. Additional tutoring programs, online courses, or educational resources from community learning centres or public libraries should be taken into account, 4) Establish an environment that is conducive to learning, Make modifications to enhance the efficacy of your current study environment if it is not conducive. Designate a tranquil, distraction-free area at home for studying and establish a regular study schedule. Guarantee that students have access to essential learning resources, such as the internet, literature, or other essential tools, 5) Enhance the ability to study independently, Focus on developing self-study abilities when external assistance is scarce. Acquire strategies that are effective, including goal setting, time management, comprehension techniques, and the breakdown of study material. These abilities will allow you to learn effectively in an environment that is not conducive to learning.

In addition, it is advisable to consult with educators or school counsellors who can offer tailored guidance and recommendations appropriate to your circumstances.

Lack of Motivation

The following solutions may be beneficial for individuals who are experiencing a lack of motivation in their studies, 1) Determine the significance and relevance of the information, Investigate the significance of the subject and its relevance to daily life. Motivation can be enhanced by comprehending its tangible advantages, 2) Establish precise objectives, Establish objectives that are both quantifiable and unambiguous. Make sure that they are feasible within a reasonable timeframe. The drive and focus required to maintain motivation can be achieved by setting tangible goals, 3) Investigate appropriate learning methods, Try out various learning methods to determine the one that is most effective for you. In order to enhance the learning experience, consider employing methods such as visual learning, group discussions, or hands-on experiments, 4) Seek assistance from others, Consult with mentors, teachers, or peers who can offer motivation and support. They may provide novel perspectives or recommendations to assist in overcoming your lack of enthusiasm, 5) Ensure equilibrium, Maintain a healthy balance between academic pursuits and leisure activities. Maintaining motivation and preventing burnout can be achieved by participating in enjoyable activities or pastimes, 6) Establish rewards, Determine rewards for yourself upon the completion of specific objectives. These incentives may include additional leisure time, participation in a preferred pastime, or any other form of personal fulfilment, 7) Modify your methodology, If your current study methods are ineffective, consider utilising alternative learning resources or attempting a different approach. Motivation issues may occasionally result from an incompatibility between the methods employed and the learner's learning manner, 8) Recognise and resolve obstacles, Identify potential impediments to your motivation, including excessive anxiety or a dread of failure. Upon identification, devise strategies to surmount or mitigate these obstacles, such as dividing tasks into smaller, more manageable components.



Please bear in mind that motivation is subject to change over time. Eventually, you may surmount your lack of motivation and discover more effective methods for learning and developing in the subjects you are studying by continuing to experiment with various solutions.

Time Management

Developing effective time management skills is essential for surmounting learning obstacles. The following are some practical measures that can be taken to improve your learning abilities, 1) Develop a study schedule, Develop a study regimen that is both consistent and well-organised. Establish specific study times for each day and adhere to the schedule, 2) Prioritise tasks:** Identify the most critical or time-consuming tasks and concentrate on completing them first, 3) Divide the study time into smaller sessions, Divide your time into brief sessions rather than studying for extended periods. For instance, devote 25–30 minutes to studying, followed by a 5- to 10-minute respite. This approach assists in the preservation of stamina and concentration, 4) Employ effective learning techniques, Investigate a variety of study strategies, including summarising, taking notes, practicing, or instructing others. Select the methods that are most effective for you and implement them on a consistent basis, 5) Locate an appropriate study environment, Select a location that is both calm and free of distractions for the purpose of studying. Guarantee that essential resources, such as books, reference materials, or a computer, are accessible, 6) Control distractions, Determine factors that interfere with your concentration, including electronic devices or social media. Reduce or eliminate these distractions during study sessions, 7) Employ resources that are supportive, Seek assistance from study groups, mentors, or tutors whenever feasible. They can provide supplementary information and assistance to improve your comprehension, 8) Reflect and evaluate, Regularly evaluate your learning progress and contemplate the knowledge you have acquired. Evaluate strategies that are effective and pinpoint areas that require refinement.

Practice and perseverance are essential for optimising time management. As you continue to refine your abilities, you will establish more effective learning practices.

CONCLUSION

The Qur'an does not contain any specific provisions or explanations regarding the diagnosis of cognitive difficulties, as is the case in contemporary medical or psychological literature. It is emphasised in the Qur'an that the world and life's challenges can be understood and addressed through the acquisition of knowledge, wisdom, and understanding. Nevertheless, the Qur'an contains general principles that can be applied to the context of learning difficulties:

1. The individuality and potential of each person

The Qur'an teaches that each person is endowed with distinctive qualities and potential. Different talents and abilities are inherent in each individual, including their capacity to learn. In order to comprehend and resolve learning challenges, it is crucial to acknowledge the individuality and potential of each person.

2. Knowledge and education



Education and knowledge are highly valued in the Qur'an. In Islam, the pursuit of knowledge, the cultivation of intellectual abilities, and the pursuit of education are highly valued. It is essential for individuals to pursue appropriate education, including special educational support when necessary, when coping with cognitive difficulties.

3. Perseverance and patience

The significance of patience and perseverance in confronting life's obstacles is underscored in the Qur'an. Individuals may encounter obstacles and barriers that necessitate persistence and fortitude to surmount in the context of learning difficulties. Individuals can surmount their learning obstacles through diligent effort and a strong sense of determination.

4. Empathy and assistance

Islam emphasises the significance of providing assistance and compassion to individuals who are experiencing challenges. In the context of learning difficulties, the individual can receive the requisite support from family, acquaintances, and the community. Individuals can surmount their learning challenges and realise their potential by providing encouragement, empathy, and assistance.

In conclusion, the Qur'an's perspective on learning difficulties emphasises the importance of understanding, knowledge, individual uniqueness, education, fortitude, perseverance, and support. Individuals can confront and surmount their learning challenges with a strong sense of determination and confidence by adhering to these principles and securing the requisite assistance.

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