DIAGNOSIS OF LEARNING DIFFICULTIES FROM THE PERSPECTIVE OF THE QURAN

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ABSTRACT

This research aims to determine the learning difficulties experienced by a student from the perspective of the Koran. Learning difficulties can be influenced by various factors, ranging from learning styles, learning concentration problems, having unique learning preferences, different learning methods, health problems, lack of student motivation to learn, environmental problems, and emotional problems and interest in learning. As a basis for the analysis, verses originate from the Koran. If the learning methods do not suit a person's learning style, they may need help understanding and retaining information. Therefore, individuals need to know their learning styles to adopt appropriate learning strategies for the analysis of verses originating from the Koran. This research is library-based, using qualitative methods and data sources from journal articles, books, or observations of phenomena occurring in the world of education today.
Keywords: *Difficulty, Learning, perspective, Al-Qur'an*

INTRODUCTION

Learning should be a means to make an individual a better person through knowledge transfer. However, in practice, there are many difficulties in realizing this due to the presence of inhibiting factors or difficulties in the learning process. Learning difficulties can vary from one individual to another. Several factors can influence someone to experience learning difficulties, such as differences in learning styles and the fact that each individual has different learning preferences. Some people may learn more effectively through auditory (hearing), visual (sight), or kinesthetic (physical movement) methods. If the learning method does not match a person's learning style, they may need help understanding and remembering information (Suryani, 2010).

Further difficulties, such as concentration disorders, tension disorders, or anxiety, can make it difficult to maintain concentration while studying. Lack of focus can also hinder a person's ability to understand the material. Taught and remember it well. Health problems are also no less important, namely medical conditions such as dyslexia (difficulty reading), dysgraphia (difficulty writing), or other neurological disorders that can affect a person's learning ability. Mental health disorders such as depression or anxiety disorders can also cause learning difficulties. In addition, problems with an unsupportive learning environment, such as high noise, lack of support from family or friends, or lack of supporting resources at school, can affect a person's ability to learn effectively (Dian, Rizky Utari, 2023).

Another area for improvement is lack of motivation; if someone is not motivated or interested in the subject being studied, they may need help learning. Boredom or lack of clear goals in learning can also affect a person's motivation. The next difficulty is a lack of study skills, which is sometimes

caused by a lack of time management skills, managing study materials, and using efficient learning strategies. It is important to remember that each individual is unique, and the combination of these factors can vary in each situation. If someone is experiencing ongoing learning difficulties, it is important to seek additional help and support from teachers, parents, or educational professionals to identify the underlying problems and develop more effective learning strategies (Cahyono, 2019). Based on the problems above, we want to diagnose learning difficulties and provide solutions with the Qur'anic approach or from the Qur'an's perspective. We use similar literature with writings such as Yulinda Erma Suryani's writing in her article "Kesulitan Belajar," which discusses the factors that are obstacles. Another article by Hadi Cahyono entitled "Faktor-faktor Kesulitan Belajar Siswa di MIN Janti" discusses students' learning difficulties in knowing the factors that cause them to have difficulty in learning. The following article, "Analisis Kesulitan Belajar Matematika dalam Menyelesaikan Soal Cerita" by Dian Rizky Utari et al., tells the difficulty of students learning mathematics related to story problems.

RESEARCH METHODS

This research includes qualitative or library research using data sources from journal articles, books, or writings relevant to the phenomenological approach in cases that often occur in educational institutions. The data is then processed and discussed critically to produce conclusions or suggestions that are expected to enrich the world of education and can be read by various competent parties.

RESULTS AND DISCUSSION

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

Diversity of abilities and potential

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

$$\text{لَا يُكَلِّفُ اللهُ نَفْسًا اِلَّا وُسْعَهَا ۗ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ}$$

"Allah does not burden a person beyond his capacity." This indicates that each individual has different capacities and abilities in facing challenges and learning.

The Qur'an teaches that Allah gives every individual different potential and abilities." In the view of the Qur'an, every individual is gifted by Allah with unique abilities and potential. No two individuals have identical abilities and potential. In addition, some verses emphasize diversity in individual abilities and potential. For example, in Surah Ar-Rum verse 22, Allah mentions that language and skin color diversity are signs of His greatness. This shows that differences in abilities and potential are something Allah wills to enrich human life and build complementary relationships. Thus, the Qur'an teaches that everyone has different abilities and potential, and these differences

should be appreciated and respected. This diversity is a gift from Allah that creates a life rich and full of opportunities for each individual to develop according to their potential (Sholichah, 2018).

Patience and effort

The Qur'an encourages Muslims to have patience and strive hard in the face of difficulties. In Surah Al-'Asr (103:3), Allah says:

اِلَّا الَّذِيْنَ اٰمَنُوْا وَعَمِلُوا الصّٰلِحٰتِ وَتَوَاصَوْا بِالْحَقِّ ەۙ وَتَوَاصَوْا بِالصَّبْرِ

"Except those who believe and do righteous deeds and advise each other to truth and advise each other to patience." In achieving knowledge and understanding, patience and consistent effort are necessary."

The Quran encourages Muslims to have patience and strive hard in the face of difficulties. In Islam, patience is emphasized as an important attitude in facing challenges and tests in life. In the Qur'an, many other verses emphasize the importance of patience. For example, in Surah Al-Baqarah verse 153, Allah says:

يٰٓاَيُّهَا الَّذِيْنَ اٰمَنُوا اسْتَعِيْنُوْا بِالصَّبْرِ وَالصَّلٰوةِۗ اِنَّ اللّٰهَ مَعَ الصّٰبِرِيْنَ

"O you who believe, ask for help (from Allah) with patience and prayer. Indeed, Allah is with those who are patient."

This verse teaches Muslims to seek help from Allah by being patient and continuing to carry out the obligation of prayer. Patience here is a form of surrender to the will of Allah when facing trials and difficulties in life. Thus, the Qur'an encourages Muslims to have patience and try hard to face difficulties. This attitude of patience and hard work is part of the faith and actions commanded by Allah to achieve success and obtain His grace (Nurdin, 2021).

In Islam, tenacity (patience) and patience play an essential role and are considered highly valued. Both of these qualities are considered a way to face challenges and tests in life and a form of obedience to Allah. Tenacity (patience) in Islam refers to the ability to remain calm and steadfast despite the difficulties, obstacles, or trials we experience. This includes patience in carrying out worship, facing life's trials, or refraining from committing sins. Tenacity in Islam does not mean passivity or procrastination but includes perseverance, courage, and steadfastness in facing trials with good intentions and relying on Allah (Yulianti et al., 2022).

In the Qur'an, Allah SWT says:

وَاسْتَعِيْنُوْا بِالصَّبْرِ وَالصَّلٰوةِۗ وَاِنَّهَا لَكَبِيْرَةٌ اِلَّا عَلَى الْخٰشِعِيْنَۙ

"And seek help with patience and prayer. And indeed, this is truly difficult, except for those who are humble." (Al-Baqarah: 45)

Patience is also emphasized in the hadiths of the Prophet Muhammad SAW. He said: "Indeed, strength and success come with patience." (HR. Ahmad) "A strong Muslim is one who is able to control his anger and protect himself in difficult times." (HR. Bukhari and Muslim). Apart from that, Allah SWT has promised great rewards for those who are patient in facing trials and difficulties:

فَاصْبِرْ اِنَّ وَعْدَ اللّٰهِ حَقٌّ وَّلَا يَسْتَخِفَّنَّكَ الَّذِيْنَ لَا يُوْقِنُوْنَࣖ

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"So be patient, indeed Allah's promise is true." (Ar-Rum: 60)

Thus, in Islam, tenacity and patience are important values that are recommended to be practiced by every Muslim. Tenacity and patience help a person remain steadfast in practicing religious teachings, facing life's tests, and increasing piety and overall quality of life. (Afrizal, 2016)

Seeking knowledge

The Qur'an encourages Muslims to seek knowledge and study His verses. In Surah Al-Mujadilah (58:11), Allah says,

يَرْفَعِ اللهُ الَّذِيْنَ اٰمَنُوْا مِنْكُمْ وَالَّذِيْنَ اُوْتُوا الْعِلْمَ دَرَجٰتٍّ وَاللهُ بِمَا تَعْمَلُوْنَ خَبِيْرٌ

"Allah will exalt those who believe among you and those who are given knowledge, by degrees."

This shows that seeking knowledge is an obligation for Muslims. In Islam, seeking knowledge is very important. Allah SWT in the Qur'an emphasizes the importance of knowledge and education for humanity. Several verses in the Qur'an and the hadith of the Prophet Muhammad SAW highlight the importance of seeking knowledge. One of the verses often quoted is Surah Al-Zumar (39:9), which reads: "Are those who know equal to those who do not know? Only those who have reason can take heed." This verse emphasizes that knowledge has a much higher value than ignorance. Allah appreciates those who know and gives them glory (Bakri, 2016).

Apart from that, Rasulullah SAW also emphasized the importance of studying. He said, "Seeking knowledge is obligatory for every Muslim and Muslim woman." This hadith confirms that Muslims are required to seek knowledge throughout their lives. Knowledge in Islam covers various aspects of life, including knowledge of religion, general knowledge, practical skills, etc. Seeking knowledge is also considered worship in Islam. The Messenger of Allah SAW said, "Whoever takes the path to seek knowledge, Allah will make easy for him the path to heaven." By seeking knowledge, a person draws closer to Allah because the knowledge gained can be used to worship correctly and respect His commands (Fahri & Zainuri, 2019).

In addition, seeking knowledge also provides excellent benefits in worldly life. With extensive knowledge, a person can contribute positively to society, develop their potential, overcome challenges, and succeed professionally. Islam encourages its followers to become lifelong learners and utilize knowledge for the good of individuals, society, and humanity. Overall, seeking knowledge in Islam is very important. This is because knowledge enables individuals to gain blessings from Allah, fulfill religious obligations, and provide benefits in worldly life. Therefore, Muslims are encouraged to strive to seek knowledge and increase it throughout their lives (Husna, 2018).

Ask Allah for help

In situations of learning difficulties, Muslims are encouraged to seek help and guidance from Allah. In Surah Al-Baqarah (2:45), Allah says, "Seek help from Allah through patience and prayer." Prayer and a strong relationship with Allah can provide support, comfort, and guidance in difficult times. Prayer is a way to communicate with God, and many people believe that Allah hears their

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prayers and provides help and guidance in dealing with life's problems and difficulties.

Prayer can provide spiritual comfort and emotional strength when someone feels trapped in a difficult situation. Through prayer, people can express their worries, fears, or confusion to God and feel heard and cared for. Prayer can also ask for guidance and wisdom to find a way out of the difficulties faced. In addition, a strong relationship with God through religious practice, spiritual reflection, and practicing religious teachings can also provide guidance and direction in dealing with problems. People living according to religious values and the moral principles taught tend to have a framework and outlook that helps them face life's challenges wisely and with hope (Febriyani & Alex, 2022).

However, it is essential to remember that prayer and a relationship with God do not guarantee that all problems will be solved immediately or that life will be free from difficulties. Sometimes, God may give us answers or guidance that differ from what we expect or ask us to go through complex processes as part of our development and character formation. In addition to praying and strengthening our relationship with God, it is also essential to take appropriate action when faced with problems. God can provide guidance, but we must also be responsible and work actively to find solutions and overcome our difficulties (Yeni, 2015).

Respecting diversity of abilities

Islam teaches the importance of respecting and appreciating diversity of abilities.

The individual is given unique potential, and no one is better or lower in the sight of Allah except through piety. In Surah Al-Hujurat (49:13), Allah says:

$$ اِنَّ اَكْرَمَكُمْ عِنْدَ اللهِ اَتْقٰىكُمْ اِنَّ اللهَ عَلِيْمٌ خَبِيْرٌ $$

"Indeed, the noblest person among you in the sight of Allah is the most pious person among you."

Islam teaches the importance of respecting and appreciating the diversity of abilities in society. These principles are reflected in Islamic teachings that encourage mutual respect, mutual assistance, and treating everyone fairly regardless of their differences in abilities. In Islam, everyone is considered valuable and respected because they are God's creation. All humans are given equal rights, including the right to be respected and valued, regardless of physical abilities or intelligence. The Quran teaches the importance of mutual respect between fellow human beings. In addition, in the hadiths of the Prophet Muhammad SAW, there is also an emphasis on the importance of respecting and appreciating different abilities. The Prophet Muhammad SAW said, "Allah does not look at your appearance and possessions, but He looks at your hearts and your deeds" (HR. Muslim). This shows that in the eyes of Allah, a person's value does not lie in their physical abilities or intelligence but rather in their kindness and deeds (Maskuri, 2020).

In a social context, Islam also encourages its followers to help and support each other, especially those who need extra help due to their limited abilities. The concept of zakat, infaq, and sedekah in Islam is one way to realize an attitude of respecting the diversity of abilities and helping others in society. Thus, Islam teaches the importance of respecting and appreciating the diversity of abilities in society. These values underlie inclusive attitudes, mutual respect, and social justice within the Muslim community. From the perspective of the Quran, learning difficulties are not considered a weakness but a test and opportunity to learn and develop. With patience, effort, seeking knowledge,

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prayer, and respecting diversity of abilities, a person can overcome learning difficulties and achieve the desired knowledge (Rahmat et al., 2023).

Solutions Offered

Different Learning Styles

Every individual has a different learning style. Some people prefer to learn through a visual approach, while others prefer to learn through an auditory or kinesthetic approach. Here are some solutions to overcome individual learning style differences:

a) Identifying individual learning styles: It is essential to recognize each individual's learning style. Learning style tests or online questionnaires can help identify a person's learning preferences. Knowing their learning style lets you adjust your teaching methods to suit them better. 2) Use a variety of teaching methods to cater to different learning styles. For example, if you have students who prefer to learn visually, use diagrams, graphs, and pictures to help them.

b) Understand concepts. For auditory learners, have group discussions or provide structured lectures. For more kinesthetic learners, provide hands-on activities or simulations that allow them to move and interact with the subject matter.

c) Provide a variety of resources that meet the needs of different learning styles. For example, provide textbooks, learning videos, audio recordings, and online interactive materials. This will allow students to choose the best method for their learning style. 4) Group students based on learning styles; when doing group work or projects, consider grouping students based on their learning styles. This will allow them to support each other and learn from their different learning styles.

d) Individual support: Provide individual support to students with different learning styles. You can conduct counseling or tutoring sessions with students individually to help them identify their learning styles and provide appropriate learning strategies. 6) Flexibility in assessment: when assessing student understanding, consider using various assessment methods. In addition to written exams, you can assign project work, oral presentations, or practical assignments. This will allow students with different learning styles to demonstrate their understanding in a way that works for them.

e) Engage students in the learning process; encourage them to engage in it and choose effective methods. This will give them a sense of ownership of their learning and allow them to develop learning strategies that suit their learning styles (Sham, 2016). 8) Remember that every individual is unique, and the combination of learning styles can vary. Therefore, educators need to be responsive and flexible in providing diverse learning experiences for students.

Concentration Disorders

Concentration disorders, attention deficit disorders, and anxiety can cause difficulty in maintaining concentration while studying. Here are some solutions that can help overcome these problems:

1) Create a regular study schedule; setting a consistent schedule can help improve focus and concentration. Choose the optimal time to study and maintain consistency in implementing the schedule.

2) Create a calm study environment; find a quiet, distraction-free place to study. Avoid noisy or distracting environments so you can entirely focus on the material you are studying.

3) Use relaxation techniques. Exercises such as deep breathing, meditation, or yoga can help reduce anxiety and improve concentration. Take a moment before studying to practice these techniques.

4) Break tasks into smaller chunks; facing a large or complex task can leave you feeling overwhelmed and having difficulty concentrating. Breaking tasks down into smaller chunks maller, more manageable parts can make it feel easier and improve your concentration.

5) Use a focus technique like Pomodoro; the Pomodoro technique involves breaking up your study time into shorter intervals, such as 25 minutes of study and a 5-minute break. This way, you can maintain your concentration for a shorter period and give yourself the necessary breaks to relax your mind.

6) Avoid distractions from electronic devices. Turn off notifications on your phone, tablet, or computer while studying. Also, avoid the temptation to check social media or other apps that may disrupt your focus.

7) Seek support and help. If your concentration or anxiety problems are bothersome, it is essential to seek help from a related expert or professional. A psychologist or counselor can provide specific strategies and support for your needs (Mardiah & Syarifudin, 2019).

In addition to the above suggestions, it is also essential to maintain a healthy lifestyle in general. Getting enough sleep, eating nutritious foods, and exercising regularly can affect your ability to concentrate and reduce anxiety.

Health Problems

Learning disabilities can have many causes, including health problems that affect a person's ability to focus, concentrate, and process information well. Here are some solutions that may help address health problems that affect learning disabilities:

1) Get medical care: If you have a health problem affecting your learning ability, it is essential to seek medical care. For example, if you have a sleep disorder, poor vision, or hearing problems, consult a doctor for a proper diagnosis and treatment. 2) Establish a good sleep pattern: Getting enough quality sleep is essential for optimal cognitive function. Aim for at least 7-8 hours of sleep each night and maintain a consistent sleep routine. 3) Pay attention to a healthy diet: Good nutrition can affect concentration and learning performance. Ensure you eat a balanced diet of fruits, vegetables, whole grains, and protein. Avoid processed foods that are high in sugar and saturated fats.

4) Exercise regularly: Physical activity can increase blood flow to the brain, improve concentration, and reduce stress. Do light exercise or walk for at least 30 minutes daily? 5) Set aside time for rest: Making time for rest is essential to avoid mental fatigue. Try meditation, deep breathing, or yoga to help reduce stress and improve focus. 6) Use technology wisely: Too much exposure to electronic screens can interfere with sleep and concentration. Set time limits for electronic device use and avoid using them before bed. 7)Ask for support: Do not hesitate to seek support from people around you, such as family, friends, or teachers. They can provide the emotional and practical support needed to overcome learning difficulties. (Nurjanah et al., 2013)

Additionally, learning difficulties persist or are particularly disruptive. In that case, it is essential to consult with a health professional or educational psychologist who can help evaluate and design learning strategies appropriate to individual needs.

Unconducive Environment

Unsupportive learning environments such as high noise levels, lack of support from family or friends, or lack of resources at school can affect a person's ability to learn effectively. Here are some solutions to address these issues:

1) Reduce noise; if noise around your study area is distracting, try to find a quieter place, such as a library or isolated study room. Using headphones or earplugs can also help reduce noise. Discuss the noise issue with your school or facility manager to find a long-term solution, if possible. 2)Seek support from family and friends; if you feel you lack support from your family or friends, try to be open and communicate with them about your needs. Explain how important their support is in helping you study effectively. If family or friends cannot provide adequate support, you can seek support from mentors, teachers, or learning communities outside your environment.

3) Find resources outside of school; if your school does not provide adequate resources, find resources outside of school. You can look for study groups, online courses, or other educational resources that can help you improve your learning abilities. Public libraries or community learning centers can also be valuable resources. 4) Create a suitable study environment; if your study environment is not supportive, try to make changes that can improve your study effectiveness. Create a regular study schedule and designate a special place in your home that is quiet and free from distractions for studying. Ensure you have access to the necessary study materials such as books, the internet, or other equipment. 5) Developing independent learning skills; if external support is limited, it is essential to develop independent learning skills. Learn effective learning strategies such as goal setting, time management, material division, and comprehension techniques. With these skills, you can learn effectively even in an unsupportive environment (Dian, Rizky Utari, 2023). It is also essential to seek help from teachers or counselors at your school. They can provide more specific advice and suggestions based on your situation.

Lack of Motivation

When someone experiences a lack of motivation in the subject being studied, several solutions can be tried:

1) Searching for meaning and relevance: Find out why the subject is essential and how it can be applied to everyday life. Realizing the tangible benefits can help increase motivation. 2) set specific goals: Set clear, measurable goals for yourself. These goals should be achievable within a realistic time frame. Having measurable targets can provide the necessary drive and focus. 3) Find a learning method that works for you: Explore different methods to find the one that best suits your learning style. Try different approaches, such as learning through images, group discussions, or hands-on experiments, to keep learning interesting. 4) Get support from others: Talk to a friend, teacher, or adult who can provide support and motivation. They may have a different perspective or can offer advice to help you overcome your lack of motivation. 5) Maintaining balance: Maintaining balance between studying and other enjoyable activities is essential. Make time for activities you enjoy to

stay motivated and avoid burnout. 6) Plan rewards: Set rewards for yourself after reaching specific goals. These rewards can be extra free time, a hobby you enjoy, or something else that gives you personal satisfaction. 7) Change your approach: If your learning method is not working, try changing your approach or finding different learning resources. Sometimes, a lack of motivation can be caused by a mismatch between your learning style and your method. 8) Identify and overcome obstacles: Recognize obstacles blocking your motivation, such as fear of failure or excessive anxiety. Once you have identified these obstacles, find ways to overcome or reduce their impact, such as by breaking tasks into smaller, more manageable chunks (Kusaeri, 2013).

Always remember that motivation can change over time. If you keep trying different solutions, you may be able to overcome your lack of motivation and find better ways to learn and improve in the subject you are studying.

Time Management

Difficulties overcoming a lack of learning can be overcome with practical steps. Here are some solutions that can help in improving learning skills:

1) Create a study schedule; set a regular and consistent one. Set a specific time each day to study and stick to it. This will help you manage your time more efficiently and avoid procrastination. Prioritize tasks; identify the tasks or study materials that are most important or that require more time and attention. Prioritize these tasks and complete them first. 2) Break your study time into smaller sessions. Instead of trying to study for a long time, break it up into smaller study sessions. For example, study for 25-30 minutes, then take a 5-10 minute break. Breaking up your time will help you maintain your focus and stamina. 3) Use effective study techniques; explore different study strategies, such as summarizing, taking notes, rehearsing, or teaching others. Find the techniques that work best for you and use them consistently. 4) Find a suitable study environment. Find a quiet, distraction-free place to study. Make sure you have access to necessary resources, such as books, reference materials, or computer equipment. 5) Manage distractions; identify factors that can disrupt your focus while studying, such as social media or other electronic devices. Limit or turn off these distractions during study sessions to fully concentrate.6) Take advantage of support resources. If possible, seek additional resources such as tutors, mentors, or study groups. These can provide additional insight and support to further your understanding. 7) Evaluation and reflection: periodically evaluate your learning skills and reflect on what you have learned. Review effective learning strategies and identify areas for improvement. (Asrul, 2022). Most importantly, remember that developing study skills takes time and dedication. Keep practicing and be patient with yourself as you work through the difficulties.

CONCLUSION

From the perspective of the Qur'an, there are no specific provisions or explanations for diagnosing learning disabilities as found in modern medical or psychological literature. The Qur'an emphasizes understanding, knowledge, and wisdom to understand the world and face life's challenges. However, some general principles in the Qur'an can be applied in the context of learning disabilities: 1) The uniqueness and potential of each individual, The Qur'an teaches that every

individual has uniqueness and potential. Everyone is given unique talents and abilities, including their learning abilities. Therefore, it is important to respect each individual's uniqueness and potential in understanding and overcoming learning difficulties. 2) Education and knowledge, The Qur'an emphasizes the importance of education and knowledge. Seeking knowledge, developing intellectual abilities, and learning are values cherished in Islam. When faced with learning difficulties, individuals must seek appropriate education, including exceptional educational support. 3) Patience and perseverance, The Qur'an teaches patience and perseverance to face life's challenges. In learning difficulties, individuals may face obstacles and hurdles that require perseverance and patience. Individuals can overcome their learning difficulties with solid determination and persistent hard work. 4) Support and empathy, Islam teaches the importance of providing support and empathy to individuals facing difficulties. In the context of learning difficulties, family, friends, and community can support the individual. Providing assistance, encouragement, and empathy can help individuals overcome learning difficulties and reach their potential.

In conclusion, from the perspective of the Qur'an, overcoming learning difficulties involves understanding, knowledge, individual uniqueness, education, patience, perseverance, and support. By respecting these values and gaining the necessary support, individuals can face and overcome their learning difficulties with confidence and determination.

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