

## The Role of Parents in Disciplining the Implementation of the Five Daily Prayers for Teenagers at Catur Tunggal Village

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### ABSTRACT

The discipline in carrying out prayers is an important aspect in forming the character of teenagers who have good morals and are religious. Parents have a very big role in instilling the habit of praying five times a day in their children, especially during adolescence. This research aims to analyze the role of parents in disciplining the five daily prayers among teenagers in Catur Tunggal Village, Mesuji Makmur District. The research method used is qualitative research with a descriptive approach. Data collection techniques are carried out through observation, interviews and documentation. To ensure the validity of the data, this research uses triangulation techniques. The research results show that the role of parents in disciplining teenagers' prayers is carried out through the methods of example, habituation, supervision, as well as providing advice and punishment. With ongoing guidance from parents, teenagers become more disciplined in performing the five daily prayers and show positive changes in their attitudes and behavior. In conclusion, parents play a role as the main factor in forming prayer discipline in teenagers, which has an impact on improving the quality of their religiosity in everyday life.

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## INTRODUCTION

Islamic religious education has an important role in shaping individual character and morals, especially among teenagers (Romlah & Rusdi, 2023). One of the fundamental aspects of Islamic education is the implementation of the five daily prayers which is an obligation for every Muslim (Juanda, 2022). Prayer is not only a form of obedience to Allah SWT, but also as a means of forming discipline and good morals in everyday life (Siregar et al., t.t.). Therefore, parents have a big responsibility in guiding their children to perform prayer services consistently. With good guidance, it is hoped that teenagers can grow into individuals with noble character and high awareness in carrying out their worship (Surono, t.t.). However, in practice, many teenagers experience difficulty in maintaining the discipline of praying five times a day. Lack of motivation and minimal supervision from parents are the main factors in this problem. If not handled well, the habit of skipping prayer can have a negative impact on the spiritual and moral development of teenagers (Ayu & Utomo, 2023).

In the reality of social life, many teenagers experience various challenges in carrying out the five daily prayers. Various factors such as environmental influences,

technological developments, and the lack of parents' role in providing good role models are the main causes of this problem (Saputri, t.t.). Teenagers tend to be more interested in worldly activities such as playing social media, online games, or hanging out with peers rather than praying on time. If this condition continues, it is feared that a younger generation will emerge who cares less about religious values (Bariyyah Hidayati & ., 2016). Therefore, the right approach is needed from parents to ensure that teenagers continue to perform the five daily prayers consistently. Apart from that, support from the surrounding environment also plays an important role in creating a religious atmosphere that encourages discipline in worship (Masdul & Purnamawaty, 2024).

Based on initial observations conducted by researchers in Catur Tunggal Village, Mesuji Makmur District, this phenomenon is also a concern, considering that the local community is predominantly Muslim. However, there are still many teenagers who lack discipline in performing the five daily prayers, both at home and at the mosque. Several local religious leaders said that most teenagers are more concerned with worldly activities such as playing online games, hanging out with their peers, surfing social media, and still having fun playing volleyball when the evening call to prayer sounds rather than performing their prayers on time. Some teenagers even only pray when ordered by their parents or religious teachers at school. This situation shows that parents still need a more active role in guiding and supervising their children in carrying out prayers. If parents can provide appropriate guidance, then teenagers' discipline in carrying out the five daily prayers can increase.

If we look at the previous research done by Nadiah in her research titled *The Role of Parents in Improving Prayer Discipline in Adolescent Girls in Ngatabaru Village*, this research tries to see the role of parents in increasing the discipline of praying among adolescent girls in Ngatabaru Village. Research findings show that the role of parents is very significant in shaping their children's prayer discipline, especially through guidance methods in the form of advice, example, giving punishment, as well as increasing cooperation with Islamic Religious Education (PAI) teachers at school. Factors that influence children's discipline in prayer include thought patterns, motivation, family environment, and peer influence (Nadiah, 2024).

This research aims to analyze the role of parents in disciplining the implementation of the five daily prayers among teenagers in Catur Tunggal Village, Mesuji Makmur District. By understanding the extent of parents' role in this aspect, it is hoped that effective strategies can be found to increase the awareness and discipline of teenagers in carrying out their worship and with this research, it is hoped that it can contribute to improving the quality of religious education in the family environment. Apart from that, it is also hoped that the results of this research can provide recommendations for parents to be more effective in guiding their children in carrying out their prayer obligations.

## METHOD

The research method used in this research is a qualitative method with a descriptive approach. Descriptive qualitative research, namely research that describes data as it is and explains data or events with explanatory sentences (Sugiyono, 2019). This approach was chosen because it aims to describe and analyze in depth the role of parents in disciplining the implementation of the five daily prayers among teenagers in Catur Tunggal Village, Mesuji Makmur District. This research was conducted in a

natural environment without manipulation of variables, so that the data obtained was more authentic and in-depth (Yusuf, 2019).

In this research, researchers used several data collection tools, namely through observation, interviews and documentation (Satori & Komariah, 2017). Observations were carried out to directly observe the habits of teenagers and the role of parents in guiding the implementation of the five daily prayers. In-depth interviews were conducted with local parents and teenagers to gain a more comprehensive understanding of prayer discipline in the family. Meanwhile, the documentation method was used to collect additional data from various relevant documents, such as religious records and village regulations related to fostering youth worship (Yuliani & Marhaeni, 2019).

There are two data sources used in this research, namely secondary data sources, taken from books and journals that are relevant to the object under study. Primary data sources are data sources obtained from parties who are considered to know the object being researched (Alfansyur, 2020), namely parents and teenagers in Catur Tunggal Village, Mesuji Makmur District. This research uses triangulation techniques, namely data triangulation, source triangulation, and time triangulation, to ensure the authenticity of the data. Then the data that has been obtained from the field is analyzed, there are several analysis processes carried out by researchers, namely: data reduction, data presentation, drawing conclusions/verification (Rachmawati, 2018).

## RESULTS AND DISCUSSION

Catur Tunggal Village, Mesuji Makmur District is one of the villages where the majority of the population is Muslim. Most of the people work in the agricultural and plantation sectors. Religious life in this village is quite active with the presence of a mosque, prayer meetings for youth and regular recitation of religious studies. However, adolescent discipline in carrying out the five daily prayers is still a problem faced by many families. This phenomenon is influenced by various factors, including the influence of social media, the social environment, the lack of awareness of teenagers in worship, and the lack of active role of parents in guiding teenagers in carrying out religious obligations.



**Documentation of interviews with religious figures in Catur Tunggal Village**

The results of interviews with local religious figures, namely Mr. Ja'far, also said that In Catur Tunggal Village, Mesuji Makmur District, you often find parents who are diligent in worshiping but teenagers do not follow their parents' habits of worship. For example, when the evening call to prayer approaches, some people go to the mosque, but the teenagers are still busy playing volleyball, while the mosque and the volleyball court are facing each other, between Maghrib and Isha, teenagers go out to

play with their peers, from 9 o'clock until late at night, teenagers are still wandering around. Parents have tried to educate teenagers well about religious teachings, but teenagers are still busy looking for their identity and having fun playing with their friends rather than listening to their parents' orders to pray (Interview, 04 February 2025).

Therefore, educational factors and family environment have an important role in shaping teenagers' worship habits. Parents who have a good understanding of religion tend to be more active in guiding their children to carry out religious obligations, including the five daily prayers. However, in some cases, even though parents have provided good examples, teenagers still experience difficulties in developing the discipline of worship (Fatmawati, 2016). This can be caused by a lack of effective communication between parents and children, as well as an approach that is not appropriate to the psychological condition of teenagers. Apart from that, the role of schools and the surrounding environment also influences teenagers' religious behavior. Schools that instill religious values in daily activities, such as congregational prayers and interactive religious education, can help form positive habits for teenagers. Therefore, synergy is needed between family, school and the social environment in creating an atmosphere that supports increasing adolescent discipline in carrying out worship (Mukhlis et al., 2021).

### **The Role of Parents in Disciplining Teen Prayers**

As the first educators in the family, parents have an important role in guiding and disciplining their children's prayer services. because children are a trust and responsibility from Allah SWT who must be guided as well as possible so that they become a pious and pious generation (Setiawati & Wijaya, 2024). Apart from that, parents are the main mentors and the first ones for their children to foster religious attitudes in their teenagers, especially in carrying out their obligations as servants of Allah SWT, namely carrying out fardhu prayers (Maulana et al., 2024). In this process, various strategies are applied by parents to discipline teenagers in carrying out prayer services, both through methods of example, habituation, advice, supervision and punishment. With these methods, the role of parents will be successful in disciplining the implementation of the five daily prayers (Rubama, 2021).



Interview Documentation with Parents of Teenagers

Based on the results of interviews conducted with several parents in Catur Tunggal Village, it was found that they implemented various strategies in disciplining teenagers to perform the five daily prayers. In accordance with theory (Rubama, 2021),

the role played by parents in disciplining teenagers' prayer services is to use five methods, namely:

1. Using the exemplary method, namely parents always perform prayers on time and always try to carry out congregational prayers at home, and invite their children to participate in carrying them out. With this habit, their children have the discipline to carry out prayers independently. This example is given so that teenagers imitate what they see from their parents.
2. Using the habituation method, parents make an agreement with their children so that they get used to praying five times a day. Even though at first children pray because of an agreement with their parents, over time this habit becomes part of their routine.
3. Using the advice method, parents always provide good advice and understanding to children regarding the importance of prayer and its positive impact on life. Parents can explain that prayer is not only an obligation, but also a way to get closer to Allah and gain inner peace. Apart from that, they can also remind children about the consequences of skipping prayer, both from a spiritual and moral perspective. The advice given must be done with a gentle and loving approach, so that children do not feel forced but better understand the importance of prayer from their own hearts.
4. Using a supervision method, parents must ensure that their children are not negligent in praying. This supervision can be done by inviting them to pray together, asking whether they have prayed, or even occasionally checking directly whether they are actually carrying out the prayer.
5. Using a punishment method, namely parents giving light punishments to increase prayer discipline. For example, parents give warnings or limit their time playing gedjet.

Disciplining teenagers in praying requires patience and the right strategy. In adolescence, children begin to experience emotional and social changes that affect the way they see the world, including worship. They tend to be more interested in activities that provide instant pleasure, such as playing games, hanging out with peers, or browsing social media (Indriani, 2018). Therefore, the role of parents in providing a flexible but firm approach is the main key in forming strong worship habits in teenagers. If the approach used is too harsh, teenagers will feel forced and actually move away from the obligation to pray. On the other hand, if they are too loose, they can lose their sense of responsibility for their worship (Turohmah et al., 2024).



Interview Documentation with Teenagers in Catur Tunggal Village

The results of interviews conducted with several teenagers in Catur Tunggal village, Mesuji Makmur subdistrict, regarding the role of parents in disciplining teenagers to perform the five daily prayers. Teenagers admit that their parents' example, such as praying on time and congregating at home, is the main motivation for them. However, busy school and other activities often become a challenge in maintaining consistent worship. Parents also apply habituation methods from an early age by involving children in prayer even though they don't fully understand its meaning.

Apart from that, parents also provide advice regularly, either through direct conversation or by instilling religious values in daily life. Even though teenagers sometimes feel bored, they realize the benefits of this advice in maintaining discipline in worship. Supervision is also carried out to ensure that teenagers perform their prayers on time. Some parents directly remind and check their children's worship. If negligence occurs, a warning or light punishment such as limiting playing time is applied as a form of discipline. Even though it feels burdensome, teenagers understand that this aims to form good habits.

Based on observations and interviews with parents and teenagers, it was found that teenagers' discipline in prayer is also influenced by the environment they live in. If there is a strong religious atmosphere at home, such as the habit of congregational prayers and gentle reminders from parents, then teenagers will more easily get used to this obligation. On the other hand, if there are more peers in their environment who don't really care about prayer, then they also have the potential to follow these bad habits. Therefore, parents need to monitor their children's interactions and direct them to make friends with individuals who have good habits of worship. By being in a positive environment, teenagers will more easily feel comfortable and be encouraged to pray in a disciplined manner.

In addition, it is important for parents to understand the psychological characteristics of adolescents. At this age, they often reject rules that seem imposed and prefer to do something they consider to be their own choice. In this case, parents need to instill awareness in their children that prayer is not just an obligation, but also a spiritual need that provides calm and blessings in life. Explaining the benefits of prayer from a mental, emotional and spiritual health perspective can be a more effective

approach than just giving orders (Khusna, 2022). That way, teenagers will have a deeper understanding of the importance of prayer and be more motivated to carry it out with full awareness.

The application of punishment methods in disciplining teenagers' worship also needs to be done with full consideration. The punishment given should not make children feel depressed or rebellious, but aims to make them aware of the importance of prayer in everyday life (Amin, 2019). For example, if a teenager often neglects praying because he plays too many games, then parents can limit his playing time until he shows improvement in praying. Apart from that, parents can invite discussions about the reasons behind their reluctance to perform prayers and find solutions together. This approach not only helps build discipline, but also strengthens the emotional connection between parent and child.

Apart from that, support from the community and educational institutions can also help shape adolescent worship discipline. Schools that provide interesting religious programs, such as regular studies, congregational prayers, or express Islamic boarding school activities, can have a positive influence on them. Apart from that, mosques and religious communities can also be conducive places for teenagers to learn and interact with others who have the same religious enthusiasm. With the synergy between family, school and the social environment, teenagers will more easily feel that practicing worship is not something that is burdensome, but rather a part of life that provides calm and blessings.

## CONCLUSION

Based on research conducted by researchers with the title "The Role of Parents in Disciplining the Implementation of the Five Daily Prayers for Adolescents in Catur Tunggal Village, Mesuji Makmur District" it can be concluded that the guidance provided by parents in disciplining the implementation of adolescent worship uses five methods, namely the example method, the habituation method, the advice method, the supervision method, and the punishment method. In Catur Tunggal Village, Mesuji Makmur District, many parents are trying to discipline their children so that they get used to praying on time. At first, some teenagers may feel burdened by the rules imposed by their parents, some even have to be encouraged in quite firm ways so that they understand the importance of this worship. However, this action is carried out solely for the good of their own children, in the hope of forming a stronger spiritual attitude. Over time, with guidance and example from parents, teenagers begin to realize the benefits of this habit and make it part of their daily life. Thus, the role of parents is very influential in building the discipline of praying five times a day in teenagers, which will have a positive impact on their lives in the future.

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