Research Article

THE ROLE OF THE FAMILY IN FORMING WORSHIP HABITS IN ADOLESCENTS

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Abstract
The family plays a significant role in shaping worship habits in teenagers. As the first social environment, the family contributes to instilling religious values, guiding children in carrying out worship, and providing examples in everyday life. Islamic education emphasizes the importance of forming religious character from an early age so that children are able to carry out religious commands well. However, in the digital era, the challenges in forming worship habits are increasingly complex due to the influence of technology, social media, and the wider social environment. This research uses library research methods by analyzing various sources, including journals, books, and scientific articles, to understand the role of the family in forming worship habits. The data obtained were compared with previous findings to develop a more comprehensive analysis. The results of the discussion show that religious education in the family plays a key role in shaping the Islamic character of adolescents. Being accustomed to worship from an early age, receiving emotional support from parents, and participating in the religious community are important factors in ensuring the consistency of worship. Apart from that, holistic religious education and collaboration between family, school, and community contribute to the formation of a strong religious character.

Keywords: Adolescent, Family, Worship Habits

INTRODUCTION

Islamic education states that a human being with a noble personality and character is a human being who believes and is devoted to Allah by carrying out His commands and avoiding all His prohibitions. So to strengthen this personality, schools as formal institutions in providing Islamic Religious Education learning should have innovation in developing a holistic learning curriculum. However, the practice of religious formation is sometimes monotonous and lacks meaning for students, so alternative activities outside the classroom are needed that can foster religious experience, such as mandatory congregational prayers, dhuha, saying greetings, dhikr, reciting the Al-Qur'an, and instilling other religious values (Ningtyas & Saputera, 2018).

Teenagers are people who have just leveled up and are learning what is right and wrong, and they must be ready for everything, and ready to face life and social problems. Adolescence corresponds to the middle school years. Adolescence is a phase that gathers a lot of interest due to its specific characteristics and important role in the lives of people in adult society (Suryana et al., 2022).

Today's young generation relies heavily on digital technology to communicate and build social relationships. The presence of social media such as Instagram, TikTok, and WhatsApp facilitates instant interactions across geographic boundaries, allowing individuals to stay connected anytime and anywhere. However, this convenience also presents new challenges, such as a decrease in the quality of face-to-face communication and a reduction in traditional interpersonal skills. This change has become an important debate in the world of education, psychology, and social studies. Additionally, digital technology has changed how young people shape their identities. Social media allows users to present a curated and polished image of themselves, which is often different from reality. Social pressure to project a "perfect" life and gain validation through the number of likes and comments can lead to feelings of insecurity and anxiety. This phenomenon gives rise to psychological problems that need serious attention, such as body image disorders, depression, and FOMO (fear of missing out) (Muzaki, 2024).

On the other hand, the impact of using technology results in its users being exposed to various ideas that are dangerous for adolescent development, such as radicalism regarding drug problems, fights between teenagers, and other juvenile delinquent behavior, but teenagers are also vulnerable to the problem of religious radicalism. This problem is very dangerous for the future of teenagers. Internet addiction is when a person is driven to spend a lot of time on the Internet, which can interfere with a person's life such as relationships with other people, work, or health (Putri et al., 2022).

The family is the closest group of people who can support teenagers in meeting the development stages of identity vs. identity. Role confusion is in a more positive direction, namely finding one's identity and fulfilling one's duties and development. The first social environment for adolescents to grow and develop has a number of roles and tasks that must be carried out. The carrying out of roles and tasks by a family refers to the functioning of the family, while the personal qualities possessed by adolescents such as the ability to focus and maintain their thoughts in studying diligently are a form of adolescent fighting power. The family is the first and main environment for forming worship habits in teenagers. As the smallest social institution, the family has an important role in instilling religious values, guiding children in carrying out worship, and providing role models in everyday life. Religious education given from an early age by parents contributes to the formation of character and sustainable habits of worship (Diorarta & Mustikasari, 2020).

Parents are the main mentors and have an important role in the development of their child's personality. The good and bad of a personality in the future is largely determined by the education and guidance they receive from their parents, because in the family the first time a child receives an education before other education. Since being born into the world, parents

raise their children with love in the hope that the child can grow into a child with good potential (Fatmawati, 2016).

Therefore, in the digital era and modernization, the challenges faced by families in forming worship habits in teenagers are increasingly complex. The influence of technology, social media, and social media often shifts the priority of worship in daily life. Therefore, an adaptive religious education strategy based on Islamic values is needed as well as the support and role of parents to ensure that teenagers remain with a strong spiritual awareness .

RESEARCH METHOD

The type of research used in this journal is library research. Library research is a data collection technique by studying, reviewing, and understanding data sources in several books related to this research. It is called library research because the data or materials needed to complete the research come from libraries in the form of books, Expedia, dictionaries, journals, documents, magazines, and so on. Then proceed with analyzing and comparing several previous findings from several international journals obtained, so that several opinions regarding the material discussed are known.

RESULTS AND DISCUSSION

Formation of Islamic Character

The concept of character education has existed since the time of the Prophet Muhammad. This is evident from Allah's command that the first and main task of the Messenger of Allah was to perfect the morals of his people. The discussion of the substance of the meaning of character is the same as the concept of morals in Islam, both of which discuss human behavior. Al-Ghazali explained that morals are an attitude that is rooted in the soul from which various actions can be born easily and effortlessly without the need for thought and consideration. Suwito stated that morals (character) are often also called the science of behavior or temperament because with this knowledge knowledge will be gained about the virtues of the soul; how to obtain it, and how to cleanse a soul that has been (Anwar & Salim, 2019).

The development of students' character is greatly influenced by Islamic religious education because it gives them knowledge about faith which is the basis for moral development. Students are guided towards the religious dimension through these morals. However, character development is a difficult and time-consuming process. Apart from the surrounding environment, this process is influenced by internal factors (such as instinct, will, conscience, and heredity) and external factors (such as education and the environment).

Character is basically a set of moral principles that define a person and are manifested in his actions. This character logically originates from the actions, feelings, training, and initiatives of a person or group. Discussions about morality and character reveal the same core meaning, namely relating to human moral concerns, awareness of moral principles that should be adhered to, and their practical application in daily activities. According to a number of hadiths of the Prophet which highlight the importance of moral education, such as hadiths which teach children to be good and educated or morals are the main focus of education in Islam (Yusri et al., 2023). Collaboration between schools, parents, and the community is a very important supporting factor in the success of PAI-based character education (Aziz & Zakir, 2025).

Developing Islamic character is a deliberate and measurable effort to create Muslims with high morals. In the Islamic context, morality is often understood to include virtues such as a stable temperament, moral behavior, basic character, habits, and civilization. Islamic character development involves non-formal education through the application of a perennial normative approach. This approach emphasizes character development based on infallible

sources of Islamic teachings, such as the Hadith and Al-Qur'an. Islamic character development also includes the application of Islamic teachings as a whole (kaffah) as an example of the Muslim character highlighted and illustrated by the Prophet Muhammad SAW, as well as elements of spiritual intelligence in dealing with questions about meaning and value. Islamic teachings place great emphasis on the development of morals, manners, and human character. This is demonstrated by a number of claims and allusions that highlight the importance of character over knowledge. Therefore, the formation of Islamic character on campus and through formal and informal education is an important step in creating people who uphold morals, noble character, and a strong sense of self-confidence in line with Islamic teachings (Yusri et al., 2023).

Children's education is not only about mastering lessons at school but also about teaching moral and ethical values. Parents have an important role in teaching children about honesty, hard work, discipline, empathy, and responsibility. These values are very important in shaping children's character and will equip them to face life's challenges in the future. The values that parents must teach their children include: honesty, respect, responsibility, discipline, empathy, compassion, hard work, independence, and gratitude (Syahrial Ayub, Muhammad Taufik, 2024).

The Role of the Family in Forming Worship Habits

Habits are activities that are carried out repeatedly in a child's daily life so that they become good habits. This habit includes aspects of moral development, religious values, morals, socio-emotional development, and independence. Habits that are carried out from an early age also have a positive impact on the future (Eva Sofiawati, 2023).

Humans who have faith, piety, and noble character are formed through the process of life and especially through the process of education, especially religious life and religious education. The educational process occurs and lasts throughout human life, both in the family, school, and in society. Religious education is basic education that must be given to children from an early age considering that children's personalities are still easy to shape. Every child is under the influence of his family environment. The family is a very strategic institution in the education process for children. Considering this strategic function, religious education, which is basic education, must start from the family environment with parents (Zulhaini, 2019).

Family is the first and main living environment for every child. In this family, children receive primary stimulation, obstacles, or influences in their growth and development, both biological development and mental or personal development. The function of parents as a harbor for their children entering adolescence is essential for the development of the child's personality. An effective harbor provides a safe, peaceful, and non-threatening shelter and is willing to listen to the child's complaints.

In forming concepts about oneself and other people or concepts about things seen around them, the influence of family parents is quite large. Whether he will have a realistic concept of himself or not, whether he will see himself as less or more compared to other people, is determined by the parents' treatment of the child. Will the child have a correct idea of a husband's responsibilities towards his wife, will he be hostile or protective towards his younger siblings, and will he look up to his peers, in all these matters, the family and parents have a huge influence (Fatmawati, 2016).

The role of the family is: (1) it is the first and main educational institution because it is in the family that humans are born, develop, and become adults. Education in the family greatly influences the growth and formation of the character, manners, and personality of each human being, (2) it is like the first school a child enters as a center for developing habits (characters), seeking knowledge and experience, (3) an intermediary for developing the perfection of the child's mind and his parents who are responsible for directing and building

and developing the child's intelligent thinking. All attitudes, behaviors, and actions of both parents are always the attention of children.

Three important things that must be seriously and consistently taught to students are: (1) Aqidah/faith education; to produce a future generation of young people who are strong in imtaq (faith and piety) and avoid trends or actions that mislead youth such as radical Islamic movements, drug abuse, brawls and free sex which have recently become very worrying, (2) Worship education; to be taught to children to build a young generation who is committed and accustomed to carrying out worship, such as praying, fasting, reading the Al-Quran. The role of parents and teachers is very necessary in providing good examples and role models for children and students, (3) Moral-Karima education; to give birth to a rabbani generation, or a generation that is devout, intelligent, and has noble morals. Therefore, the role of parents and educators both in the school environment and outside the school is very much needed (Djaelani, 2021).

Since childhood, children are taught to memorize the virtues of honesty, courage, hard work, cleanliness, and the evils of cheating. However, good values are taught and tested to the extent of knowledge on paper and memorized as material that must be studied only. Character education is not just a process of memorizing exam material but it requires habituation. The habit of doing good, being honest, being chivalrous, being ashamed of cheating, being ashamed of being lazy, being ashamed of letting the environment get dirty. Character is not formed instantly, but must be trained seriously and proportionally to achieve the ideal shape and strength (Anwar & Salim, 2019).

The attitude and support provided by parents are also important factors in forming habits of worship. Parents who provide support and encourage their children to practice religion regularly create an atmosphere at home that is in line with religious values. Apart from that, real examples given by parents in the practice of worship also have a positive influence in motivating students to follow in the same footsteps. Within the scope of this school, a curriculum that combines religious values and character also functions as an important supporting factor. Through extracurriculars, religious lessons, and character education programs, students are given a deep understanding of religious values and how to apply them in everyday life. In addition, a positive social environment within the school, where peers support and encourage each other in the practice of worship, also plays a crucial role in forming good habits (Muhammad Rijal Aufa et al., 2023).

However, the practice of religious formation is sometimes monotonous and lacks meaning for students, so alternative activities outside the classroom are needed that can foster religious experience, such as obligatory congregational prayers, dhuha, saying greetings, dhikr, reciting the Koran and instilling other religious values. Religious experience instilled from an early age will determine the moral quality when growing up. Teaching students to pray in congregation at the mosque, perform dhuha prayers, tadarus the Qur'an, say greetings and give alms will enrich the spiritual experience and will make a lifelong impression on students. Forming religious experiences in students from an early age means instilling religious roots in them. In the future, this deep-rooted religious experience will be able to improve the character, personality and morals of students (Ningtyas & Saputera, 2018).

Education in the family is the foundation of a child's personality. Achmad said that family education material includes: a. Instilling faith and monotheism b. Fostering an attitude of respect and devotion to parents c. Cultivate enthusiasm for working with honesty d. Encourage children to be obedient in worship (especially prayer) e. Instilling a love of truth (ma'ruf) and avoiding evil (munkar) f. Instill a spirit of patience in facing trials g. Developing a humble attitude, not being arrogant or arrogant in relationships h. Instill a simple life attitude. Implementing Islamic education at home is very important because basically, a child knows the family environment first and foremost (Hasni, 2021).

CONCLUSION

The family has a very important role in forming worship habits in teenagers. As the first and main environment for children, the family contributes to instilling religious values, providing role models, and guiding children in carrying out worship consistently. Religious education that begins early in the family has a significant impact on the development of teenagers' religious character.

In the digital era, the challenges in forming worship habits are increasingly complex. The influence of technology, social media, and the social environment can influence teenagers' worship patterns, so adaptive religious education strategies are needed. Active involvement of parents, habitual methods of worship, as well as collaboration with schools and the community, are determining factors for success in forming sustainable worship habits. With strong family support, teenagers can grow into individuals who are faithful, devout, and have noble character. Therefore, a holistic approach is needed in religious education, both through real examples, habituation, and open dialogue between parents and children.

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