

Implementation of Spiritual Counseling-Based Mental Revolution towards the Formation of FAST (*Fathonah, Amanah, Shiddiq, Tabligh* [Smart, Trustworthy, Honest, and communicative]) Character Generation at MTs Ribatul Muta'allimin in Pekalongan

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Abstract. Character is one important aspect for human success in the future. Strong character can be formed, one of which is through the educational process in educational units. One of the problems in education in Indonesia today is that educational objectives are not achieved as expected which resulted moral crises. To overcome the moral crisis, a mental revolution must be carried out as a national movement and a collective effort to change Indonesia towards an advanced nation. One of the implementations of the mental revolution is the formation of a generation with FAST characters (*Fathonah, Amanah, Shiddiq, Tabligh* [Smart, Trustworthy, Honest, and Communicative]) which is carried out through the Islamic education institution MTs Ribatul Muta'allimin at Pekalongan. One of the problem-solving efforts made by the counseling teacher for groups of students who have not shown FAST character is through the provision of spiritual counseling services. The provision of spiritual counseling services is expected to form a generation with FAST characters and encourage successful implementation of a mental revolution towards the formation of a generation with FAST characters (*Fathonah, Amanah, Shiddiq, Tabligh* [Smart, Trustworthy, Honest, and communicative]) at MTs Ribatul Muta'allimin, Pekalongan.

Keywords: Mental Revolution, Spiritual Counselling, FAST Characters (*Fathonah, Amanah, Shiddiq, Tabligh* [Smart, Trustworthy, Honest, and communicative])

1. Introduction

Character is one important aspect for human success in the future. A strong character will form a strong mentality, a strong mentality will create a strong generation, and a strong generation will create a strong nation and state. Strong character can be formed, one of which is through the educational process in educational units. Education units must prepare students carefully and seriously by involving all stakeholders. In addition, the educational process in educational units must reach the basic dimensions of humanity, such as cognitive, affective and psychomotor[1–3].

One of the current problems in education in Indonesia is the educational objectives expected are failed to be achieved which resulting moral crisis such as corruption, collusion, nepotism, and other detrimental actions. Fighting, vandalism, rape, drinking problems, and even murder run rampant. Furthermore, the moral crisis captured in public attitudes including vigilante actions, the growth of a rampage and destruction movement occurred everywhere, bullying, and demeaning of certain social groups which resulted in SARA (ethnicity, religion, race, and intergroup) –related actions spreading in many places[4,5].

Younger generation, especially teenagers, are a community that will most likely experience a moral crisis in society. Various moral crisis incidents like those mentioned above, can also be predicted as a fault in education system or the failure of education system in preparing younger generation with character[6]. Education system, which should shape the character of the younger generation to become insightfull, broadminded and have noble character, is still far from the expected values. Therefore, mental revolution is excessively required to achieve those educational objectives.

The mental revolution must be started from each of us, starting from our family, neighbourhood, work environment, educational environment, then extending to the urban and state environment. The mental revolution must become a national movement or a collective effort to change Indonesia towards an advanced nation. Mental revolution as a national movement also needs to be conducted through the education system. The process of education, whether formal, non-formal or informal, from an early age has become the foundation for producing excellent Indonesian people with healthy and strong mental-character.

A proper role model is essential to shape the character of students. Indonesia as the largest Muslim population country among all countries in the world consider the Prophet Muhammad SAW as a role model whose noble character or morals can be emulated in everyday life. The characteristics of *Fathonah, Amanah, Siddiq, and Tabligh* (FAST) which are special gifts from Allah SWT are known as the mandatory characteristics of the Prophet. Having those four commendable qualities of character is the dream of every Muslim. The formation of generations with FAST characters (*Fathonah, Amanah, Shiddiq, Tabligh*) is carried out through Islamic educational institutions. *Madrasah Tsanawiyah* (MTs) Ribatul Muta'allimin is an Islamic educational institution in Pekalongan which conducts character education to form generations of FAST characters (*Fathonah, Amanah, Shiddiq, Tabligh*) as the main characteristics of the Prophet, through the method of understanding, habituation, and exemplary[7,8].

Even though the counselling teacher as one of the parties who plays an important role has tried to shape the character of students through these various methods, there are still groups of students who have not shown the FAST character. One of the problem-solving efforts made by the counseling teacher for those groups of students is through the provision of spiritual counseling services[9–11]. The Spiritual counseling service is the approach chosen by the counseling teacher because the students are enrolling their education at religious-affiliated school (*Madrasah Tsanawiyah*) so that the guidance approach with religious content is predicted to be more understandable by the students. The background of the students who attend MTs Ribatul Muta'allimin and at the same time study as students at the Ribatul Muta'allimin Islamic boarding school, live in an environment full of religious nuances and with *akhlaqul karimah*—have good morals in accordance with religious values. The students are taught to overcome problems - life issues through the understanding, belief, and ritual practices in Islam. The provision of spiritual counseling services is expected to form a generation with FAST characters and encourage the successful implementation of a mental revolution towards the formation of a generation with FAST characters (*Fathonah, Amanah, Shiddiq, Tabligh*) at MTs Ribatul Muta'allimin, Pekalongan.

2 Method

This study uses a descriptive qualitative approach, because it examines problems regarding social processes or interactions. Complex work processes and social interactions can only be unraveled if researchers conduct research using qualitative methods by participating in in-depth interviews with these social interactions. This research focuses on the implementation

of spiritual counseling-based mental revolution towards the formation of FAST character generations (*Fathonah, Amanah, Shiddiq, Tabligh*). The data in the study are collected using three data sources, namely observation, interviews and documentation. In qualitative research, the research sample is selected purposively and is snowball sampling. In addition, the number of samples in this study is not determined because in qualitative research, the data used was saturated data or if additional samples or informants are added, did not add new information or data. The data collection was carried out in natural settings (natural conditions), primary data sources, and data collection techniques involved more participant observation, in-depth interviews, and documentation. Researchers are Human Instruments whose function is to determine research focus, select informants as data sources, collect data, assess data quality, analyze data, interpret data, give meaning and make conclusions on their findings. Data validity tests in qualitative research include tests of credibility (internal validity), transferability (external validity), dependability (reliability), and conformability (objectivity).

3. Discussion

The future of the nation depends on the character of its young generation. The younger generation is an age that has great potential in all respects, is energetic, and has a considerable influence on the future of the state. The existence of the younger generation is profoundly important for the survival of a nation, apart from being future leaders, the younger generation has the function of being a moral strength and an agent of social change. The younger generation, especially adolescent at the junior high school education level, are at the conventional stage, which judges good and bad based on a group or in other terms called as heteronomy. Adolescents who participate in the educational process are expected to grow and develop into individuals who exhibit educated behavior that shows clear directions and goals, is positively oriented and behave according to values and morals.

There are three ways to shape behavior into the character of adolescents as the younger generation, namely: first, conditioning or habituation; second, insight or understanding, third, modeling or exemplary. One of the exemplary characters was shown by the Prophet Muhammad SAW in the form of FAST character. FAST is a character that comes from the characteristics of Rasulullah Muhammad Shallallahu Alaihi Wassalam which consists of four main characters namely *Fathonah, Amanah, Shiddiq and Tabligh*. *Fathonah* character, means smart or clever. It is certain that Allah's Prophets are intelligent, have perfect intellectual and reasoning strength. The character of *Amanah*, meaning trustworthy which means it is impossible for a prophet to betray. It is certain that Allah's prophets can be trusted and have never betrayed their Lord and also their fellow human beings. The prophets of Allah are *ma'sum* which refer to being avoided from all acts of sin, disobedience and evil, physically and mentally. *Shiddiq's* character means being honest which means impossible for a prophet to lie. With this characteristic, Allah's prophets are ensured to be honest and true in all their words and deeds, and the character of *Tabligh*, means conveying things that come from Allah. It is impossible for a prophet to act "*kitmaan*" which refer to hiding everything that comes from Allah.

Generation with FAST characters (*Fathanah, Amanah, Shiddiq, and Tabligh*) is a generation that has the characters *Fathonah, Amanah, Shiddiq, and Tabligh* which comes from the characteristics of Rasulullah SAW, in the form of positive values and attitudes in life of a person so it influences the person's behavior, way of thinking and acting, and finally becoming

a person's life habits, which are influenced by environmental factors (nurture) and innate factors (nature).

Based on observations, interviews and documentation conducted by researcher, the phenomena in the field indicate that the indicators of *akhlakul karimah* appear and the researchers use them to measure FAST characters (*Fathonah, Amanah, Shiddiq, Tabligh*), namely in the table below:

<i>Fathonah</i>	<i>Amanah</i>	<i>Shiddiq</i>	<i>Tabligh</i>
Intelligence	Principle	Honest	Communicative
Ethics	Responsibility	Tawadu'	Proactive
Professional	Honor	Be patient	Lead
Solution		Repair	Cooperation
Tolerance		Fair	Example

The formation of a generation with FAST characters through the understanding method is carried out through subjects at MTs including Civics/*PPKn*, Islamic Religious Education, and *Aqidah Akhlak*, at *Madrasah Diniyah* through learning the book *Ta'limul Muta'allimin* and the book *Minhajul Abidin*, while at Islamic boarding schools through the process of learning/reciting books such as the Book *Akhlak Lil Banin* for male students and *Akhlak Lil Banat* for female students. Apart from going through the learning process in class, an understanding of FAST characters is also carried out through extra-curricular activities including Scouting

Habituation is also carried out to form generation with FAST characters in MTs, *Madrasah Diniyah*, and *Islamic Boarding Schools*. Habituation that is carried out includes making it obligatory for the students to take part in the learning process and recite the Quran enthusiastically and earnestly so that they are smart and excel in both general science and science related to religion, motivate and facilitate their graduates to continue on to higher education levels (*Fathonah* Character), maintain the trust of their parents by enrolling their study until the education process is complete (*Amanah* Character), be honest when taking exams, be disciplined in obeying the rules, be disciplined in carrying out congregational prayers at every prayer time, be disciplined in reciting the Qur'an and other books, be disciplined in entering and leaving madrasa, be disciplined in wearing uniforms according to the rules (*Shiddiq* character), hold and participate in activities commemorating Islamic religious holidays, invite kindness and be exemplary as madrasa students as well as Islamic boarding school students (*Tabligh* character).

FAST character building is also carried out through example by madrasa teachers and Islamic boarding school caretakers. The exemplary form of *Fathonah's* character given are many caregiver have high motivation to learn so that they can pursue education to a very high level even abroad. Then exemplary form of *Amanah* character is maintaining the trust of the government and society as the next generation of the founders of Islamic boarding school for sustainability of the Islamic boarding schools itself. Then the exemplary form of *Shiddiq* character is being discipline in teaching and reciting Qur'an according to schedule, being discipline in praying in congregation, being discipline in reciting Qur'an, and the exemplary form of *Tabligh* character is well behave as an example for others and actively invites people to do the good contained in the holy books to the students as a form of *syi'ar*. One of the parties that plays an important role in building the character of students at MTs Ribatul Muta'allimin, Pekalongan is the counseling teacher. The efforts to form a generation of FAST characters that have been carried out so far by counseling teachers are providing

understanding to students so that they know the values of character or morals so students are able to distinguish between noble moral values and despicable morals, trying to foster students' love for noble morals, get used to the noble character carried out by students, and always provide an example of noble character to students.

The group of students who have not shown the FAST character can be seen in their daily behavior of students, including lack of motivation in learning and participating in learning process at MTs and Islamic Boarding Schools as an indicator that *Fathanah's* character has not been shown, low responsibility for maintaining the cleanliness of the madrasa environment and Islamic boarding schools as a place to live as an indicator that the *Amanah* character has not been shown, then the indicators for *Shiddiq's* character have not been shown can be seen by dishonest behavior, cheating when taking exams, disobeying the rules, such as smoking secretly, and being undisciplined by coming late to attend lessons/reciting the Qur'an. Meanwhile, the indicator that the character of *Tabligh* has not been shown is that it has not shown the exemplary behavior that should be as madrasa students as well as Islamic boarding school students.

One of the efforts made by the counseling teacher for groups of students who have not shown the FAST character is through spiritual counseling. Spiritual counseling is the chosen approach because students study at Islamic-affiliated school (Madrasah Tsanawiyah) so that the guidance approach with religious content is predicted to be more understandable. The background of the daily life of students who attend MTs Ribatul Muta'allimin and at the same time study as students at the Ribatul Muta'allimin Islamic boarding school, who live in an environment full of religious nuances and have good morals in accordance with religious values, and overcome life issues through the understanding, beliefs, and ritual practices of Islam.

4. Conclusion

The provision of spiritual counseling services is expected to form a generation with FAST characters and encourage the successful implementation of a mental revolution towards the formation of a generation with FAST characters (*Fathanah, Amanah, Shiddiq, Tabligh*) at MTs Ribatul Muta'allimin, Pekalongan.

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