

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pelaksanaan puasa Sunnah (X) dan tingkat religiusitas (Y) mahasiswa serta mengkaji pengaruh puasa Sunnah (X) terhadap tingkat religiusitas (Y) mahasiswa.

Subyek penelitian sebanyak 55 responden, pengambilan sampelnya menggunakan *random sampling*. Pengumpulan data X dan Y menggunakan angket. Dalam kajian hipotesis penulis menggunakan analisis regresi sederhana.

Hasil uji hipotesis regresi sederhana satu prediktor diketahui bahwa ada pengaruh puasa Sunnah terhadap tingkat religiusitas mahasiswa prodi PAI angkatan 2014/2015, hal ini berdasarkan dari analisis uji F_{reg} (X terhadap Y) diketahui $F_{reg} = 9,64$, setelah dicocokkan dengan tabel F pada taraf signifikan signifikan 1 % yaitu 7,12 dan pada taraf signifikan 5 % yaitu 4,02 karena $F_{reg} = 9,64 > F_{t 0,01} = 7,12$ maka signifikan, dan $F_{reg} = 9,64 > F_{t 0,05} = 4,02$, maka signifikan. Ada pengaruh intensitas melakukan puasa Sunnah terhadap tingkat religiusitas mahasiswa, uji korelasi antara puasa Sunnah dan religiusitas mahasiswa Prodi PAI Universitas Muhammadiyah Yogyakarta diketahui nilainya = 0,3923, setelah di uji t diketahui nilainya = 2,89, setelah dicocokkan pada t_{tabel} pada taraf 5 % = $t(0,05 ; 55) = 2,004045$. Korelasi t hitung = 2,89 > $t_{tabel} = 2,004$, maka korelasi variabel X dengan variabel Y signifikan. Hal ini juga ditunjukkan dengan persamaan garis regresi : $Y = 40,188 + 0,405X$.

Key-Word: puasa Sunnah, tingkat religiusitas dan Pendidikan Agama Islam.

ABSTRACT

This research aims to find out the practice of *sunnah* fasting (X) and the level of religiosity (Y) of the students as well as to examine the influence of *sunnah* fasting (X) to the level of students' religiosity.

The subjects of the research were 55 respondents which samples were taken through random sampling. X and Y data were collected by distributing questionnaire. In order to test the hypothesis, the researcher used simple regression analysis.

The result of the hypothesis test using simple regression analysis for one predictor showed that *sunnah* fasting correlated with the level of students' religiosity in Islamic Education study program batch 2014/2015. It was based on the analysis of F test reg (X to Y) which result was $F_{reg} = 9.64$ after it was tallied with table F in significance level 1% that was 7.12 and in significance level 5% that was 4.02 because $F_{reg} = 9.64 > F_{t 0.01} = 7.12$; therefore it was significant. There was intensity influence in practicing *sunnah* fasting to the level of students' religiosity. The result of correlational test between *sunnah* fasting and students' religiosity in Islamic Education study program Universitas Muhammadiyah Yogyakarta was 0.3923. The t test value was 2.89 and after matched on t table on 5% = $t(0.05 ; 55) = 2.004045$. The correlation of t calculation = $2.89 > t$ table = 2.004, therefore the correlation of variable X with variable Y was significant. It was also shown by the regression equation $Y = 40.188 + 0.405X$.

Keywords: sunnah fasting, religiosity level, Islamic Education