

**PENGARUH PENERAPAN METODE *MIMICRY MEMORIZATION*
TERHADAP EFEKTIVITAS PENINGKATAN HAFALAN AL-QUR'AN
PADA LANSIA DI MAJELIS *UMMAHAT ISHLAHUNNISA'* NGEBEL
YOGYAKARTA**

ABSTRAK

Penelitian ini bertujuan untuk: (1) Mengetahui dan memahami karakteristik santri lansia dalam meningkatkan hafalan Al-Qur'an di Majelis *Ummahat Ishlahunnisa'* Ngebel Yogyakarta; (2) Mengetahui perbedaan peningkatan hafalan pada lansia antara kelompok intervensi dengan kelompok kontrol; (3). Mengetahui pengaruh penerapan metode *Mimicry Memorization* terhadap efektivitas peningkatan hafalan Al-Qur'an pada lansia di majelis *Ummahat Ishlahunnisa'* Ngebel Yogyakarta.

Jenis penelitian ini adalah penelitian kuantitatif, dengan metode penelitian *Quasy eksperimen nonequivalent control group design* yakni desain yang menggunakan *pre-test and post-test control with group design*. Jumlah sampelnya 36 responden diperoleh melalui teknik *purvose sampling* (18 intervensi dan 18 kontrol). Kelompok intervensi diberikan intervensi metode *Mimicry Memorization* sedangkan kelompok kontrol tetap menggunakan metode *Kauny Quantum Memory* yang biasa digunakan di majelis tersebut. Data dikumpulkan melalui lembar penilaian peningkatan hafalan Al-Qur'an. Adapun analisis data dalam penelitian ini menggunakan distribusi frekuensi, uji *Paired T-Test* dan uji *Independent T-Test*.

Berdasarkan hasil penelitian yang dilakukan dalam penelitian ini, dapat disimpulkan bahwa : (1) Karakteristik usia responden berada pada jenjang usia *middle age*, latar belakang pendidikan pada responden bervariasi yakni dari tidak mengenyam pendidikan hingga pendidikan strata satu, *Mimicry Memorization* efektif digunakan pada responden yang mengalami gangguan penglihatan, *Mimicry Memorization* dapat digunakan meskipun responden sering mengalami lupa (mengalami memori jangka pendek; (2) Terjadi peningkatan jumlah hafalan baik dari kelompok intervensi maupun kelompok kontrol, hanya saja kelompok intervensi *Mimicry Memorization* lebih menunjukkan hasil yang lebih signifikan; (3) Terdapat pengaruh penerapan metode *Mimicry Memorization* terhadap efektifitas peningkatan hafalan Al-Qur'an pada lansia di Majelis *Ummahat Ishlahunnisa'* Ngebel Yogyakarta.

Kata Kunci: *Mimicry Memorization*, Lansia, Peningkatan Hafalan Al-Qur'an.

ABSTRACT

The research aims at: (1) Learning and understanding the characteristics of elderly student in improving Al-Qur'an memorization in Majelis *Ummahat Ishlahunnisa'* Ngebel Yogyakarta; (2) learning the difference in the improvement of memorization in elderly between intervention group and control group; (3) Learning the effect of Mimicry Memorization method application toward the effectiveness of Al-qur'an memorization improvement in elderly in Majelis *Ummahat Ishlahunnisa'* Ngebel Yogyakarta.

The research type is quantitative. The research method is Quasy experiment nonequivalent control group design, a design that uses pre-test and post-test control with group design. The total samples were 36 respondents collected using purposive sampling (18 intervention samples and 18 control samples). The intervention group was given Mimicry Memorization method intervention. The control group used Kauny Quantum Memory, the method regularly used in the forum. The data were collected from Al-Qur'an memorization improvement scoring sheet. The data analysis used frequency distribution, Paired T-Test and independent T-Test.

Based on the research result, it can be concluded that: (1) The characteristic of the respondent age is middle age, the respondent education is varied from no education to undergraduate level, *Mimicry Memorization* is effective when used for respondents with sight problem, *Mimicry Memorization* can be used even though the respondents often forget (experience short-term memory); (2) The number of materials memorized increased in both intervention and control groups, however, the intervention group with *Mimicry Memorization* indicates significant effect; (3) There is an effect of *Mimicry Memorization* method application toward the effectiveness of Al-Qur'an memorization improvement in lansia in Majelis *Ummahat Ishlahunnisa'* Ngebel Yogyakarta.

Keywords: *Mimicry Memorization*, Lansia, Al-Qur'an Memorization Improvement