THE EDUCATION OF "SUFFERING" TO STUDENTS THE STUDY ON EXCELLENT PROGRAM IN MADRASAH ALIYAH PLUS " NURURROHMAH " PONDOK PESANTREN AL - KAMAL TAMBAKSARI KUWARASAN KEBUMEN, CENTRAL JAVA

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Abstract- The education of suffering is to educate the child to feel the suffering and to try to help them to have the meaningful of suffering. This education is part of mentality of education to child, because with this education the child can improve the potency of the future. Cause of it, Madrasah Aliyah Plus Nururrohmah, as one of Madrasah that have innovative, creativity, and good religion try to enrich with some activities in the basic of suffering. By the reason in giving the skill to the child, hopefully the children will life wherever without any complaint. Some activities were done as a habit in order to aim the child to have the meaning of real life. Several activities the education of suffering to students; I'm Being Program, the program Field Work Practice (PKL), Third, the selling program in the market, the program becomes a maid in the market, the program of Public Relations Exercise (LHM).

Keywords- Education of Suffering, Madrasah Aliyah Plus Nururrohmah, Meaningful of Life

I. INTRODUCTION

Education is the most "important" aspect for children, without education, the child will not be able to recognize himself / herself and would not be able to understand and develop the potential of cognitive, affective, psychomotor and true religius-illahiyah owned (Gert Biesta: 2015). The impact, the child will feel as nobody, and felt unworthy to be someone, because of his/her emptiness of science. Because, that becomes the main central in life for children is "scientific development" that are continuously without a break, either the development of scientific individually or with a facilitators (Tiina Soini, Janne Pietarinen, Kirsi Pyhältö, 2017)

One thing that should not be abandoned, discarded, and should be "developed" to the students is education-based "mental endurance," it is not only focus on the development of the child based on cognitive and psychomotor (Riya Elizabeth George, Nisha Dogra, Bill Fulford, 2015). This is due to mental endurance education to be one of the determining step "success kid" in the future (Anne Felton, Nicola Wright, 2018). In other words, education that ignores the values that strengthen children's mental and personality will impede the maximizing of children potential, and tend to suffer losses and failures that are sustainable, without being able to bounce back from adversity. the last, the children will get depression and its impact to "self-harm", in various ways such as; holed up for days, did not eat for days, and the end is suicide (Paul Gorczynski, Wendy Sims-schouten. dkk, 2017).

Therefore becomes an important term to develop and civilize the learning based self-defense (mental) of children during school. In terms of learning Java is known as "the education of suffering" or “life with a full suffering," something that might not be able for many schools / Madrasah having such kind of programs or activities. Generally, programs that exist in the school / Madrasah are programs based on cognitive and psychomotor.

In line with that, there is Madrasah Aliyah which is close with the formation of "self mental defense," in which that school has rich programs which deals with the learning program of “suffering education”. That is Madrasah Aliyah Plus ' Nururrohmah "Tambaksari Kuwarasan which is a Madrasah having the distinction from other Madrasah and schools in Kebumen, Central Java. In this case the author seeks to dig deeper about what and how the educational model which is applied through flagship programs that teach students about suffering of life. The hope, with such reviews will be used as a "role model" for schools / Madrasah and others to apply or develop suffering education to students.

Understanding The Meaning of “The Education of Suffering”

The education of suffering is a term in Javanese tradition taught by many Javanese to their children (Muchson AR, 2010). Parents generally have “done” the education of suffering first. So they seek to sow the values of these concerns to their children so that they are strong and firm to undergo any examination of God that will be given to them. In addition, parents in the Javanese tradition also teaches for the firm in achieving the ideals and desires for the future, with no "adventurous" (mean; behaving weird, so that what is wanted can be granted by the God, Allah Ta'ala.

Indeed, the education of suffering is close with patience, sincerity, do not despair, do not easily discouraged, dare to suffer, do not be afraid to live hard, not afraid to fail, constantly trying though

repeatedly failed. Mintz, (2012) states that children should be introduced and taught how to live in bitterness, not only limited to the teachings of cognitively but action must be given to the students. Thus, the children will be able to examine and bring themselves in action-based full of intrapersonal and interpersonal intelligence.

Martin Urrutia - Varese (2016), states that students need to be taught the things that suffering, because it is part of the process toward success. Without the teaching of "suffering " of children will never know what it suffered, and they only happiness and ultimately, when episodes of life given by God is "suffering episode" they are not able to stand up straight, and will fall down without being able to stand again.

In the study of Psychology, the defense from the blow, suffering, and things that do not make pleasant is called as adversity quotient (AQ). There are many studies that led to the term of adversity quotient, which concludes that adversity quotient is "not allowed" to be seen with one eye, which should be taught to the students during early even until the highest school (David M Fergusson&L John Horwood, 2003). The context of teaching is not the only "discourse and discussion" but in practice and direct action. Some research question is;

Adversity Quotient and Coping Strategies of College Student In Lyceum Of The Philiphines University (2015) in which the results of the study stated that students make self-reliant in power to face challenges in the future, the challenges do not yet know the form and type. Therefore students at the University of the Philippines seeks to learn how to strengthen (mentally) in order not to be a weak man.

The Relationship between Adversity Quotient (AQ) and Emotional Quotient (EQ) and Teaching Performance of College PE Faculty Members of CIT University (2014), the research states that the Adversity Quotient are bound tightly with Emotional Quotient that both must be combined together, especially when teaching, because teaching requires real intelligence that intelligence mental defend themselves and manage emotional intelligence themselves . It means, if a teacher has two intelligences, she/he supposed to be able to deliver it to their students, to have the same intelligence with the teacher.

Based on the explanation above, it can be concluded that "the education of suffering" is an education that has some stages; introducing, impregnating, appreciating and interpreting "how to live with a suffering, how to live in the uncomfortable zone, how to live without fun but on the contrary, it is expected that the children will be able to accustom themselves in a various circumstances which may not be suitable with their hope and will."

Being Closer With Madrasah Aliyah Plus ‘Nururrohmah” Tambaksari Kuwarasan Kebumen

It has been described above that the Madrasah Aliyah Plus “Nururrohmah" is a Madrasah which has a strong distinction with similar educational institutions in the region of Kebumen, perhaps even to areas outside Kebumen. Madrasah is under the management of the Pondok Pesantren Al-Kamal Tambaksari Kuwarasan Kebumen, so it could be included in the zone of "Madrasah based Muslim boarding schools."

This Madrasah is relatively new because it stood in 2007 so that its action in alleviating the idiocy community is still about nine (9) years. However, although it has the age of corn, the school has been able to align themselves even beyond the Madrasah and private High School in Kebumen area. Such good conditions cannot be separated from the noble intentions of the founder KH. Hayat Ihsan who has a strong determination, "do not establish Madrasah Aliyah that only run, live, and stand." It is desired and expected by him was establishing Madrasah Aliyah which is "different" from Madrasah and schools in Kebumen and the distinction will be the main characteristic of the existence of Madrasah Aliyah itself and will be "high quality- branding" of Madrasah Aliyah Plus Nururohmah". (Interviewed with KH. Hayat Ihsan in Pondok Pesantren Al-Kamal, dated June 15, 2016)

KH. Hayat Ihsan said the statement above is based on the several causes, among them; First, Madrasah Aliyah in Kebumen especially private Madrasah Aliyah is Madrasah which its existence is trifled. The parents and students think that Madrasah Aliyah is not able to keep abreast of the times, difficult to find work, just struggling with the issue of religion, rundown, and not innovative. Second, many parents and students who prefer to study in the Vocational High School (SMK, assuming direct vocational schools can work, not much religious studies, and after graduation did not bother parents. Third, Madrasah Aliyah Plus "Nururrohmah" flanked by large schools that in fact they are based general schools and old, so that it becomes a tremendous challenge for the managers of the Madrasah. (Interviewed with KH. Hayat Ihsan in Pondok Pesantren Al-Kamal, dated June 15, 2016).

Based on this condition, KH. Hayat Ihsan made a motto that Madrasahs act as "Creative, innovative and religious Madrasah Aliyah." Creative and innovative Madrasah means that the madrassa was a Madrasah which always focuses on change and creativity, and always showing new things that are not owned by the other school/Madrasah. Thus, the expectation is Madrasah Aliyah Plus "Nururohmah" will be viewed by the society.

The creativity and innovation of Madrasah is currently on the priority programs that are not the same with other school/Madrasah. Some jargon - creative - innovative proposed is Madrasah Aliyah based on students, work, religion, and mental, that all the bases have their own activities. As the example,

the Madrasah Aliyah-based on students, the proposed activity carried out is the presentation of papers, the practice of teaching in primary and secondary school, seminar, workhsop, scientific visits, School Work Experience (as KKN), final scientific work (as thesis). (Interviewed with the headmaster, Nurul Fithryah A.L., M.PdI dated June 17, 2016).

It is different with the work-based Madrasah Aliyah in which there are extracurricular activities namely; extracurricular nursing, banking and hotel management/service. Besides, there is also Field Work Practice such in the Vocational middle school. It is done for the students of Madrasah Aliyah have the provision of employment and work experience as those studying in the general school.

While the ectivities in Madrasah Aliyah based on religion are Islamic activities, this activity provides an opportunity for students to develop the potential of religious - illahiyah and potential affection that has been owned and bestowed by the God. Some of the activities referred to, among others; MA exalt and shalawat, which surrounds the boarding school while saying devotions and prayers, introduce the students with the education of death, and intent to enable Duha prayer, reading the Qur'an before school begins and when the breaks. (Interviewed with the headmaster, Nurul Fithryah A.L., M.PdI dated June 17, 2016).

The activities implemented with the expectation to equip children not only in the capacity of philosopher, but also dhikr, action, and spiritual experts. Thus, children who come from Madrasah Aliyah do not less the competition as those coming from the general school. The impact of these various activities, Madrasah Aliyah Plus "Nururohmah" in the contemporary era has begun believed by the public, as evidence of the increasing number of students and applicants who entered the madrasah. Formerly the number of applicants only 15-25 children ranged now has reached 90 prospective applicants.

Excellent Program Based on 'The Education of Suffering' in Madrasah Aliyah Plus 'Nururrohmah" Tambaksari Kuwarasan Kebumen

Excellent programs that have not been described above is a superior program based mental. This program is one program being "icon" Madrasah Aliyah Plus Nururohmah. A rich program with the activities or actions that make the students mentally strong, not easily give up, brave to face whatever conditions. In addition, this program closed with the introduction of the suffering life education to the students.

In this case there are some mental based activities that demonstrate the suffering of life carried out by the students, such as: First, if I'm Being Program, it is an activity in which students must be a man of the lower middle class jobs. Such as, the students become a meatball street vendor, the maker of tiles or bricks, become vegetable street vendor, fell herbalist, dishwasher at the food stall, and things that are uncomfortable. This activity is carried on holiday semester and destined mandatory for grades XI that for two weeks.

Second, the program Field Work Practice (PKL), different with the previous program, PKL program is required for students to be someone with upper middle class jobs. For example, the students can work in shops, at restaurant, hospital or clinic, offices, which nevertheless still does not eliminate the teachings of suffering education to them. This activity is devoted to class X at the same time with the program 'if I'm being' that at the time of the semester vacation for two weeks.

Third, the selling program in the market. This activity is compulsory for class X and XI, which is performed every time after the end of semester exams, namely at 'moment class meeting'. In this case, the students were given a capital of Rp. 40,000.00 and as a group they are free to determine what will sell, and afterwards they will sell merchandise around the market until sold out. The last, after the merchandise runs out, the capital provided by the school will be withdrawn while the profit is given to the students according to their group.

Fourth, the program becomes a maid in the market. This program is a program that must be implemented by the class X and XI, the implementation of which is of course different days between classes X and XI. In this activity, the students are required to offer themselves as a servant to the shops or stalls or whatever so they could help what the needs of the owners of shops and stalls in the market, and they became helpers around 3-4 hours a day.

Fifth, the program of Public Relations Exercise (LHM), and this activity is intended for class XII. At this stage the class XII students are required to live in the community like KKN (Field Work Experience) for 1-2 weeks, and they must learn to take care of themselves and community care. The purpose of food and things that deal with everyday life must be considered and cultivated by themselves, so in this case the learners really suffering trained to live in the midst of social life. Thus some best programs which is offered and implemented since 2007 by the Madrasah Aliyah Plus "Nururrohmah". Besides the teaching of suffering education to the students, it also teaches learners to have good intrapersonal and interpersonal intelligence. The main thing of interest from a wide range of these activities is to direct the learners to make sense of real life, helps the students finding the meaning of learning (meaningful of learning), so the expectation is students will always be sensitive in the kindness of their daily life. (Interview with the headmaster, Nurul Fithryah A.L., M.PdI dated June 17, 2016)

The Program of 'The Education of Suffering' as a Program that Enlighten Students' Soul

Based on the explanation above, the strong belief that the programs implemented in Madrasah Aliyah Plus "Nururohmah" is a program that is not owned by many schools / Madrasah. It can be said that these programs are special and unique programs that seeks to enlighten and inspire children in acting and doing the best for themselves as being individual and social beings.

As the program "If I Become", looks very clear that this program directs students to be the ones to lower middle class, something that maybe they do not have, or have had, but do not make sense. The students are really taught to recognize the hard life, life as it is, and not extravagance. It is increased with the program being a servant and selling in the market, it is expected to make students understand the real life that life is not as easy as turning the palm of the hand, that life is to be fought, and the life needs of meaning and enlightenment, and life that requires high mental.

Those things cause mental and emotional intelligence become higher than the intellectual intelligence. As stated by Daniel Goleman in his book Emotional Intelligence ' Why It Can Matter More Than IQ" (1996) which states that human beings who are not capable of managing his heart, despite having a high IQ intelligence then he will easily fall and paralysis. And people who simply puts IQ will just shut itself as people who do not have a sense and feeling. Thus people will be difficult to adapt well in many places and they will work without a heart. Daniel Goleman in his book Working With Emotional Intelligence (1998) said that the work requires empathy, work requires emotional stability and self-work requires endurance, so anything that lived in such work will produce good even the best work.

Therefore the program held by the Madrasah Alyah Plus "Nururromah " is a program that is balancing between intellectual intelligence and emotional intelligence as well as mental, that all that is needed by the learners in tread life after formal school. In the book Psikologi Penderitaan (Azam; 2015) states that children must be taught to accept the conditions of life that are accustomed to, especially the acceptance of things that suffer themselves. By getting used to receiving it will give birth to children who enlightened soul, so that the direction is the living souls, well developed qalb-qalb. This was stated also by Javad Nurbakhsy (2000: 135) in the book Psychology of Sufism (del wa nafs), according to him that the healthy souls, souls and qalb that life can be obtained from the learning of suffering in life, as long as one is taught and encouraged to appreciate and interpret the suffering itself. As long as one does not learn to become disentangled and dig the wisdom behind the pain it will not bring positive values to life, will not bring a change of value in his life. It emerged the behavior of Hell, saqar, hawiyyah, that are the behaviors driving themselves to the hell.

Therefore, it becomes essential and even of paramount importance if the the activities based on the education of suffering held in Madrasah get the assistance continously to learners. Mentoring is meant to help learners to find the wisdom behind what is being experienced, and that it will help the children enlighten themselves and discover the meaning of life, so that it will make the souls of children healthy and alive. All of that becomes the expectations of many elements both parents and Madrasah.

CONCLUSION

Based on the explanation above it shows that the things to educate mental, emotional child is to be not less important than educate the child intelligence. Unfortunately, the conditions in the lost education show that they only educate the intellectual intelligence, therefore this thing needs the early warning if the school / Madrasah only focus on the intelligence points on educating children, and the discrediting of emotional and mental of children.

In this case what is done in Madrasah Aliyah Plus Nururohmah is very appropriate, the school is not only focused on educating the intelligence of children but also mental and emotional enrichment of children with the education of suffering program, something that is not owned by many school / Madrasah. Hence this kind of programs must be continued to be empowered and nurtured. It will produce the children who are able to make sense of their own lives and make their children's healthy both physical and spiritual.

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