

# The Impact of Fasting Mondays and Thursdays on Self-Control of Students at Al-Mustaqim Bugel Islamic Boarding School, Jepara

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**Abstract:** This study aims to examine the impact of fasting on Mondays and Thursdays on self-control of students at the Al-Mustaqim Bugel Islamic Boarding School, Jepara. This research is motivated by the number of students who violate the rules of the cottage. The number of students who violate the rules of the boarding school is caused by the inability of students to manage their time, thoughts and feelings. Therefore, the researcher intends to examine how big the role of Monday and Thursday fasting on self-control of students at the Al-Mustaqim Bugel Islamic Boarding School, Jepara. The type of research uses field research (field research) with a qualitative approach method. The data collection techniques were obtained through observation, interviews, and documentation. The subjects in this study were 1 caregiver, 1 administrator, and 8 students at the Al-Mustaqim Bugel Islamic Boarding School, Jepara. In the process of data analysis using data reduction methods, data presentation, verification and drawing conclusions. The results of this study indicate that fasting on Mondays and Thursdays has an impact on self-control of students at the Al-Mustaqim Bugel Islamic Boarding School, Jepara. The impact felt by the students is that they are more able to be patient in facing various difficulties, become more disciplined individuals and are able to control their emotions. In addition, the greatest benefit experienced is feeling closer to Allah SWT so that thoughts, feelings and actions are more able to be controlled.

## 1 INTRODUCTION

Islamic boarding school is a traditional educational institution which with the development of the times is able to issue cadres of ulama who are able to protect the community. Nata Atmaja as quoted by Romadhon argues that Islamic boarding schools have a role as a religious institution that aims to maintain, develop, and broadcast Islam. As a religious institution, Islamic boarding schools play a role in building the morals and mentality of students, so that they are expected to be able to realize human beings who have noble character and understand good values related to humans and God (Romadhon, 2019: 27-33).

Pesantren is a typical traditional education dormitory, where students together gain knowledge and live under the auspices of a teacher known as a kyai. Pesantren itself is obtained from the word santri which begins with "pe" and ends with "an". While the term santri is intended for students who study and live in Islamic boarding schools. An Islamic boarding school is an educational institution

for local cultural products that has existed for a long time. In their daily life, the students live by all the rules of the Islamic boarding school that have been regulated by the caregivers or administrators at the Islamic boarding school. The students are required to follow the rules that have been determined and if they do not implement or violate they will be punished. Even with the punishment, there are still students who violate the rules of the cottage. One of the violations committed by students is divided into two, namely serious violations and moderate violations. Moderate violations such as being late for class, sleeping in class, littering and not wearing a uniform in accordance with the regulations (Widayatullah, 2012: 66-77). While serious offenses such as going with boy friend, using friends' goods without permission, fighting with friends and committing violations that are contrary to religious law (Huda and Yani, 2015: 740-753).

As for the rules of the boarding school with school rules, there are differences, including that students at the boarding school not only study, but students also carry out routine studies that have been

scheduled. The activities of the students started from before dawn until the evening before going to bed again. With the busy schedule of one day's activities, it might make students feel bored and complain (Amsari and Nurhadianti, 2020: 113-119). Not infrequently for students who have lived in the pesantren for a long time, they have violated the rules of the boarding school.

In its development, Islamic boarding schools have advantages and disadvantages. One of the shortcomings in Islamic boarding schools is the level of discipline. Many students are not disciplined to follow the rules or schedules at the Islamic boarding school, because of the low self-motivation of the students. Some things that can motivate a person mostly come from internal motivation. Internal motivation has great control, especially self-control which is influenced by an understanding of religion and an understanding of the importance of being disciplined (Al Baqi, A, and Dwiyoğa, 2017: 75-87).

The low self-motivation of students is also influenced by their immature age. The students who stay at the pesantren are those who are in their infancy or search for identity. This adolescent phase is also dubbed the period of "searching for identity or the phase of a hurricane." Therefore, the students who are in this phase of adolescent development are anticipated not to cause maladaptive behaviors. Undisciplined behavior in adolescents can be controlled by controlling themselves (Romadhon, 2019: 27-33). Self-control is important so that a person is able to control and determine the best attitude to do. In addition, self-control is also important to manage lust so as not to get caught up in bad behaviors (Mu'arifah and Martaniah, 2004: 10-24). This is also in accordance with the word of Allah SWT:

﴿وَمَا أَلْبَسْتَنِي نَفْسِي إِنَّ النَّفْسَ لَأَمَّارَةٌ بِالسُّوءِ إِلَّا مَا رَحِمَ رَبِّي إِنَّ رَبِّي غَفُورٌ رَحِيمٌ﴾

Meaning: "And I do not acquit myself. Indeed, the soul is a persistent enjoiner of evil, except those upon which my Lord has mercy. Indeed, my Lord is Forgiving and Merciful". (QS. Yusuf: 53).

Based on the explanation of the verse above, it can be understood that self-control or desire is very important for everyone, including students who are studying at Islamic boarding schools because when a person is able to control himself, he will avoid negative behaviors. In the teachings of Islam, self-control can be done by performing the ritual of

fasting. Fasting itself is an activity to refrain from eating and drinking starting from dawn to dusk. In carrying out one's fasting needs to be accompanied by spiritual fasting. This is intended so that individuals are able to restrain themselves from all lust and actions and words that are not good (Julianto and Muhopilah, 2015: 32-40). In Islam, fasting is not only carried out during the month of Ramadan, but can also be carried out outside the month of Ramadan. For example, fasting Monday and Thursday, fasting on Arafah Day, fasting Yaumul Bidh and fasting David. Fasting is one of the teachings in Islam because fasting is a form of spiritual practice to get closer to Allah (Rahmi, 2015: 89-106).

Thus, fasting makes a person able to control emotions, strengthen awareness and create emotional balance. In addition, people who do fasting will not be easily swayed by temptation because they have been fortified with faith and piety. Fasting is generally ordered to humans to be pious. By fasting people will always fear Allah SWT wherever he is (Mu'arifah and Martaniah, 2004: 10-24).

Therefore, in this study, the authors are interested in studying more broadly related to the benefits of fasting. The focus of this research study is fasting Monday and Thursday (Qudsy, 2017: 564-573). The author chose to fast Monday Thursday because there is a hadith narrated by Abu Hurairah which says that:

تُعْرَضُ الْأَعْمَالُ يَوْمَ الْإِثْنَيْنِ وَالْأَرْبَعِ فَأُحِبُّ أَنْ يُعْرَضَ عَمَلِي وَأَنَا صَائِمٌ

Meaning: "Various deeds are presented (to Allah) on Mondays and Thursdays, so I like it if my deeds are presented while I am fasting." (HR. Tirmidhi No. 747).

Based on the hadith above, it can be understood that fasting on Mondays and Thursdays has many benefits, including being awake from all disobedience and getting closer to Allah SWT. Fasting Monday Thursday is also useful for controlling yourself from negative thoughts, lust, anger, revenge, envy and other negative attitudes (Karomi, 2018: 78-95). Furthermore, someone who fasts Monday and Thursday regularly benefits his emotional aspect. Those who fast are able to restrain their emotions and control themselves when faced with various life problems (Fiddari and Turmudi, 2020: 197-210).

Tarmizi Taher also said the same thing, that fasting is able to control emotions, strengthen awareness and create emotional balance. By fasting, a person will be able to suppress his negative

emotions so that he will always prioritize good behavior towards the surrounding environment. Thus, fasting can be used as self-control for a person both in terms of thoughts, feelings and behavior (Alhamdu and Sari, 2018: 1-12).

In connection with the background of the problem above, the authors are interested in studying more deeply about the impact of fasting on Mondays and Thursdays on self-control. The location that the author has determined is at the Al-Mustaqim Bugel Islamic Boarding School, Jepara. The author chose this Islamic boarding school, because every Monday and Thursday many students fast Monday and Thursday (Observation in Pondok Pesantren Al-Mustaqim Bugel Jepara, August 10 2022). Until 2022, Corruption has been major problem in Indonesia. Efforts in dealing with it are still being carried out by the government to break the chain of corruption. On the other hand, the rise of criminal acts as well as intrapersonal and interpersonal conflicts that frequently appear in the media or daily life triggers social disharmony resulting in a moral crisis as we can observe today. These problems indirectly reflect the increasing neglect of good values in society, especially regarding honesty which is the root of other virtues. Building honest character involving a long and gradual process requires great attention from an early age. Meanwhile, attention to efforts in strengthening and inculcating the value of honesty from an early age as a preventive action is still insufficient. Likewise, studies on building honest character in children still receive little attention from experts, especially in small cities such as Banda Aceh, the capital of the westernmost province of Indonesia. The results of this study provide many benefits to the broader community, including parents, especially the government and related parties who design educational programs and strengthen the character of the younger generation. Therefore, studies on this topic are needed to collect important information on how honest behavior is described among children and its factors.

Fasting according to the language is holding back, while according to the Shari'ah is refraining from everything that can break the fast starting from dawn until maghrib (Alhamdu and Sari, 2018: 1-12). According to Wahbah Az-Zuhaili, fasting is a form of obedience to Allah SWT and the prevention of His punishment, which arises as a result of sins that are sometimes committed by Muslims. In addition, fasting can also be used as a medium to fight lust and bad desires (Halimah, 2020: 100-117).

Fasting is a special series of activities because in it we are taught and trained to be honest with ourselves. Fasting is also the beginning of the transformation of our soul from an angry soul to a muthmainnah soul. In addition, fasting can also have a good impact on physical and mental health without going through therapy, medication and other medical processes (Aqilah, 2020: 82-108).

Fasting in Islamic law consists of two kinds, namely obligatory fasting and sunnah fasting. There are three kinds of obligatory fasting, fasting in the month of Ramadan, fasting that is obligatory because of illat, and fasting vows. Fiqh experts determine that there are four types of fasting that apply in the Shari'a, namely fard fasting, sunnah fasting, makruh fasting and haram fasting (Rahmi, 2015: 89-106).

In addition to fasting in the month of Ramadan which is mandatory for all Muslims in the world. There is also a sunnah fasting that is carried out outside the month of Ramadan. Where is the definition of sunnah fasting if it is carried out it will get a reward and if it is not carried out it is not sinful. The sunnah fasting consists of the Monday-Thursday sunnah fasting, the David fast, the Ayyamul Bidh fast, and the Ash-shura fast. Regarding sunnah fasting, especially Monday-Thursday fasting, it is a sunnah fasting that is carried out in two days, namely on Monday and Thursday (Muhsinin, 2018: 1-19).

Fasting Monday-Thursday is a sunnah fasting that is often done by the Prophet Muhammad. Throughout his life, Rasulullah SAW always fasted on Mondays and Thursdays, in fact he never left it, because remembering that fasting Monday-Thursday has many benefits and virtues (Alhamdu and Sari, 2018: 1-12). The Messenger of Allah (SAW) considered those two days to be special days, so the Messenger of Allah often fasted on those days.

Fasting Monday-Thursday is a fast that is highly recommended by Rasulullah SAW because it can erase mistakes and elevate degrees. From 'Aisha radiyallahu 'anha, Rasulullah SAW said:

إِنَّ رَسُولَ اللَّهِ -صلى الله عليه وسلم- كَانَ يَتَحَرَّى صِيَامَ الْإِثْنَيْنِ وَالْخَمِيسِ

Meaning: The Prophet Sallallahu 'Alaihi Wa Sallam used to choose to fast on Mondays and Thursdays. (HR. An-Nasai).

The above hadith describes the tendency of the Prophet Sallallahu 'Alaihi Wa Sallam to always fast on Mondays and Thursdays. The above hadith does

not explain the superiority of fasting on Mondays and Thursdays. However, the hadith above shows that whoever fasts Monday and Thursday, then he has carried out the sunnah of the prophet (Lukman, 2021: 39-54).

Monday and Thursday are special days in Islam. There are four virtues on Mondays and Thursdays, namely Monday is the day the Prophet sallallaahu 'Alaihi Wa Sallam died, Monday and Thursday are the day of reporting (storage and control) of worship, the day the doors of heaven are opened and the day that Allah is blessed (Rohman and Rusdi :1-8).

In addition to the virtues, fasting on Mondays and Thursdays has many benefits, including: First, cleanse the body of toxins, cure various diseases, stop addiction to illegal drugs (drugs), stop smoking addiction and increase intelligence (Lukman, 2021: 39-54). Second, able to form a better person, because people who fast not only hold hunger and thirst, but also control anger. This is because people who fast must be able to control negative behavior, in order to reap the fruits of fasting to the fullest. Therefore, he should be able to control his anger (Aminah, Walad, and Shodiqin, 2022: 47-51). Third, being able to build one's character. The process of moral development is to achieve the level of patience, honesty, social care and piety (Hidayati, 2020: 111-134).

Fourth, fasting can also be a protector of human life, a protector that is useful for keeping people away from being exposed to lust and saving people from immoral acts (Chandra, Marhayati, and Wahyu, 2020: 111-132). Fifth, fasting also has benefits for increasing discipline in worship (Munib, 2019: 19-28). Sixth, fasting as a way to physical and spiritual health. Fasting can shape and improve physical and spiritual health. From a physical point of view, fasting can maintain body health and fitness. Meanwhile, from a psychological point of view, fasting is an effective means to purify the soul and calm the soul. Seventh, fasting can control a person from negative thoughts, feelings and actions so that he will be able to manage himself in a better direction (Zulfah, 2021: 28-33). In addition, self-control also has great benefits because individuals will be able to compose, guide, regulate and direct themselves towards positive behavior. In addition, with self-control, a person will be skilled in understanding himself and the environment around him (Pujawati, 2015: 321-330). The population was the first to third grade students of State Elementary School X in Banda Aceh with an age range from 6 to 9 years old. A total of 36 students (consisting of 12

male students and 24 female students) selected using simple random sampling were involved as the research samples. Honesty behavior in the research was measured through ball games. This was done through a ball-drawing game modified by researchers based on the research by He and Qin (2020). The procedure for the game was that the child was given personal instructions to randomly draw the ball, which is in a dark square box of 20 balls, five times. Each of which was red and blue with the same number. Previously, the children were also informed that those who got most drawn red balls would be prized. The children wrote the number of balls drawn based on their color on a sheet of paper that had been prepared by the research team. The draw was carried out in a closed room that could not be seen by anyone, but a surveillance camera was installed to assist the process of observing by the research team without the children's knowing. At the end of the research activity session, the research team debriefs the student about a complete understanding of the concept of honesty based on their behavior during the game. Some behaviors need correction in order that the children do not get positive reinforcement for their dishonesty.

## 2 METHOD

In this study, the author uses a qualitative method with the type of field research (field research). Qualitative research is one of the research methods that aims to gain or gain an understanding of reality through inductive thinking processes (Moleong, 2009: 3). In the process of collecting primary data, the writer collects data through observation and interviews with the parties concerned. Meanwhile, secondary data collection techniques are carried out through library research by studying, analyzing and also reviewing literatures and scientific works, which are related to this research (Sugiyono, 2004: 224-225).

The location of the research was carried out at the Al-Mustaqim Bugel Islamic Boarding School, Kedung Jepara. Sources of primary data obtained by the researcher came from the results of direct observations and interviews with the caregivers of the Al-Mustaqim Islamic Boarding School, the board of directors and eight students who fasted on Mondays and Thursdays. The sampling technique is non-probability or the snow-ball sampling technique, namely the technique of collecting data sources, which initially are small in number, but gradually become large. This is done because the

small number of data sources has not been able to provide satisfactory data, so look for other people who can be used as data sources. Thus the number of samples of data sources will be even greater, like a snowball that rolls over time and becomes bigger (Sugiyono, 2004: 224-225). In the process of analyzing the data, the authors use the steps of data collection (data collection), data reduction (data reduction), data presentation (data display) and drawing conclusions (conclusion verification).

### 3 RESULTS

Research activities carried out by the author on August 11, 2022 found several answers related to the research title. The resource persons met by researchers at the Al-Mustaqim Bugel Islamic Boarding School Jepara were the caregivers and administrators of the Islamic boarding school, then continued with interviews with students who fast Monday and Thursday.

Al-Mustaqim Islamic boarding school as described above has a busy schedule in a day. Where the activities carried out in this cottage are to print students so that they can be disciplined in their lives. In social life in Islamic boarding schools, students are taught to live in harmony with their environment. Therefore, students at Al-Mustaqim Islamic Boarding School are provided with spiritual education.

Spiritual education is a way of life in one's life to strengthen one's faith, an effort to create a truly natural need to regulate one's behavior. Therefore, the emergence of ethics can lead individuals to spiritual values to cultivate ideal life principles and examples, which basically can be obtained from true faith from the creator.

Kiai Habiburrohman explained, in the life of the Islamic Boarding School there are many problems faced by him as a caregiver. He also explained that the regulations in Islamic boarding schools were able to make students self-control in acting in accordance with the existing environment. However, the students have not fully implemented the rules of the boarding school completely. He added that the violations committed by students usually varied, one of which was interacting with students of the opposite sex, carrying electronic devices, not participating in studies and other minor violations. In terms of handling cases of student violations, the administrators of the Islamic boarding school provide a ta'ziran, namely by telling them to stand up during night activities, washing sandals in one

cottage, reading one juz of the Qur'an by standing in the yard and dhikr by being listened to by the administrators.

Al-Mustaqim Islamic boarding school does not oblige its students to perform fasting routines on Mondays and Thursdays. However, most of them do a lot of fasting on Mondays and Thursdays every week. Kiai Habiburrohman further advised his students to perform sunnah fasting on Mondays and Thursdays rather than fasting in a dalail which is burdensome to his students.

Regarding the response to fasting on Mondays and Thursdays, Kiai Habiburrohman said that the Prophet Muhammad SAW said in a hadith:

صُومُوا تَصِحُّوا

Which means fasting and you will be healthy. He also explained further that Monday is a glorious day where the Prophet Muhammad SAW was born on Monday. Meanwhile, Thursday is the day when the doors of heaven are open. Therefore, it would be nice if we could do the Sunnah Fasting on Mondays and Thursdays, which on those two days have privileges.

Kiai Habiburrohman added that the effects of Fasting Monday and Thursday have many benefits. One of them is by fasting can form a good person, physically and mentally healthy and can ward off temptations from lust. Fasting Monday and Thursday are two very special days, on both days all the sins committed by Muslims get forgiveness from Allah SWT (Interview with Kiai Habiburrohman, August 10, 2022).

In addition to the benefits described above, several students at the Mustaqim Bugel Islamic Boarding School Jepara also felt a positive impact after routinely fasting on Mondays and Thursdays, as stated by:

The first student, with the initials NI, aged 18, routinely performs sunnah fasting on Mondays and Thursdays. In his daily life at the cottage, NI is a student who studies the book of the Salaf and he has an obligation from the cottage to memorize every verse of the Alfiyah book. At the beginning of the first stay at Al-Mustaqim, NI included children who got up later when they were going to join the Fajr prayer. However, after routinely fasting on Mondays and Thursdays, NI can wake up early for congregational prayers. NI also began to diligently perform the Sunnah prayers. After routinely performing Sunnah Fasting on Mondays and Thursdays, NI began to introspect and fix himself. In the past, NI had a low level of patience and chose to bring out the emotional side. But after the regular

Mondays and Thursdays, NI began to apply himself to managing his emotions and not being too emotional when a problem hit him. NI said fasting can also serve as his personal shield. However, despite routinely fasting on Mondays and Thursdays, NI is sometimes attacked by a sense of laziness which makes it difficult for him to improve his studies (Interview with NI, August 10, 2022).

The second student named RP is 18 years old, at the beginning of his stay he always delays memorizing, often underestimates memorization and wakes up late at dawn. However, after performing the regular Sunnah Fasting on Mondays and Thursdays, he is often alone in one place to memorize the Qur'an. After routinely fasting Mondays and Thursdays, he also often repeats the memorization of the Qur'an and he is more active in depositing his memorization with the ustadzah. RP also said that before he routinely did the Sunnah Fasting on Mondays and Thursdays he liked to complain and was frustrated because he could not memorize fluently. RP also continued, now that after routinely fasting Mondays and Thursdays and living the meaning of Sunnah Fasting, he is more able to control himself not to overdo his anger, is more active in memorizing than complaining a lot and is able to control himself well (Interview with RP, August 10, 2022).

The third student named HP is 17 years old. At the beginning of the first stay, he said that he often complained because he did not get a shower queue, complained that he was not fluent in memorizing and used to be lazy to participate in cottage activities. HP said that in the past he was very difficult to control himself and in the past he also used to spend a lot of time lazing around. But after routinely fasting on Mondays and Thursdays, it was easier for him to control himself in a better direction. HP added that Fasting Sunnah also teaches him to deal with everything in a positive direction. Now he is more diligent in congregation, leaving for the yellow book early and now he also spends his time repeating rote memorization. HP further, Monday and Thursday Sunnah Fasting which he did initially only to pay his fast debt, but now Monday and Thursday Sunnah Fasting for him when it is beneficial for his physical and physical health. He also added, with the Sunnah Fasting on Mondays and Thursdays, it was easy for him to control himself for the better (Interview with HP, August 10, 2022).

The fourth student named SF who is 16 years old, at the beginning of his stay in SF also likes to complain because he can't memorize fluently and

often gets emotional. He said that in the past he was often deliberately late for congregational prayers and in the past he was also unable to control himself. However, after performing the Sunnah Fasting on Mondays and Thursdays, he felt the great impact of Fasting Mondays and Thursdays on his life. SF said that by performing Sunnah Fasting on Mondays and Thursdays, his personality is formed in a good direction and can also control himself from lust. Even after fasting on Mondays and Thursdays he still has a little difficulty controlling himself, but he can't fully control himself. But he tried to control his mind before he got emotional. SF can also feel the impact after fasting on Mondays and Thursdays in terms of memorizing books. He is more able to control himself when he wants to complain because it is difficult to memorize and prefers to be more active in memorizing (Interview with SF, August 10, 2022).

The fifth student named AH is 16 years old, AH thought that he used to feel lazy to repeat the memorization of the Qur'an. When he was about to repeat his memorization, a few minutes later he felt sleepy and over time he fell asleep and did not repeat his memorization. AH also added that in the past he was very difficult to control his emotions and underestimated the activities at the cottage. After routinely fasting on Mondays and Thursdays, he can feel the impact in his daily life. Now he will prefer to think clearly before acting. AH can also control himself from bad things that violate the rules of the lodge because he is used to the Sunnah Fasting on Mondays and Thursdays where he is taught to refrain from lust. AH also said that even after fasting on Mondays and Thursdays he still felt that he could not control himself in memorizing, but AH did not want to give up and focused more on memorizing (Interview with AH, September 6, 2022).

Another student named KK has a habit where he used to borrow things from his friends without asking permission first. KK is said that people around are people who are indifferent to their surroundings. Her roommate was often irritated by KK's behavior. He often gets reprimands from his friends for his actions, but that doesn't change KK. KK's fasting on Mondays and Thursdays made him change little by little. At first, after routinely fasting, he still borrowed his friend's things without permission. However, over time it began to change and made KK to behave and think before acting (Interview with KK, September 6, 2022).

The next student named IM, he used to be a student who often violated the rules of the cottage. Even when he was on vacation at Pondok and at

home he often met with the opposite sex. IM used to often get punished for violating other Pondok regulations. In the past, IM often put his ego first without thinking about the future. Over time, IM felt that his behavior was inappropriate and he tried to be a good person. IM is also now diligent in fasting on Mondays and Thursdays. IM explained that by fasting he was more able to control himself and direct himself in a non-negative direction (Interview with IM, September 6, 2022).

MM students who are also staying at the Al-Mustaqim Islamic Boarding School feel positive benefits after fasting on Mondays and Thursdays. In the past, MM was a child who often beat his friends when there was an argument. MM is a person who never gets along with his friends. He is often hostile to his friends because of his very intolerant nature. However, over time, MM became a good boy to those around him because he often fasted on Mondays and Thursdays. Fasting that teaches him to be a better person and have good behavior (Interview with MM, September 6, 2022).

#### 4 DISCUSSION

From the results of research data obtained by researchers in the field, it can be understood that there is an impact on Monday and Thursday fasting on students' self-control. Sunnah fasting on Mondays and Thursdays is also beneficial for both physical and spiritual health. The impact for santri doing Sunnah Fasting on Mondays and Thursdays can also educate them personally. Where Fasting Sunnah is able to train the patience of someone who is fasting. While patience includes self-control that must be developed wherever we are (Interview with 8 santri, September 6, 2022). Self-control belongs to the category of patience with the highest level in Islam. Ibn Qoyyim Al-Jauziyah argues that high patience is something that humans want in the sense of being patient with things that Allah SWT wants for happiness in the next life (Alaydrus, 2017). As said by M. Nur Ghufron and Rini Risnawati, self-control is a way for individuals to direct themselves towards positive behavior. This self-control includes the potential that individuals can develop and use in life (Zulfah, 2021).

The researcher also found that the students thought that Sunnah fasting could shape their personality in a positive direction. This includes also the benefits of Sunnah Fasting, where Fasting on Mondays and Thursdays can build one's morale. The process of moral development is to reach the level of

piety, the highest level in the sight of Allah SWT. more precisely fasting prevents from sinning and immorality (Hidayati, 2020).

In dealing with the problems of life in the world, especially students who live together in one place. Making students apply in life to control anger in social life. In addition to forming a good personality, the benefits of fasting can also control anger. This is because fasting people need to deal with negative behaviors wisely in order to fully reap the benefits of fasting. Therefore, the fasting person must be able to control his anger (Aminah, Walad, and Shodiqin, 2022).

From the results of interviews with students who perform Sunnah Fasting Monday and Thursday, the impact of Monday and Thursday Sunnah Fasting includes educating themselves, where educating is a process of regulating a person's physical, psychological and behavior in order to shape himself. Agreeing with the definition of self-control from Calhoun and Acocella, it is hoped that individual self-control can control and direct their behavior according to situations and conditions to develop social skills to control attitudes (Pujawati, 2015).

Even though the awareness of self-control comes from oneself. However, fasting the Sunnah on Mondays and Thursdays also has an impact on human self-control. In fasting there is an aspect of self-control, because the essence of fasting is self-control from things that are prohibited when fasting, so fasting contains patience training, perseverance training and heart education for humans. Fasting is also an effort to control oneself from harmful actions (Muhopilah, Gamayanti, and Kurniadewi, 2018). In the Hadith the Prophet Muhammad SAW said:

لَيْسَ الصِّيَامُ مِنَ الْأَكْلِ وَالشُّرْبِ، إِنَّمَا الصِّيَامُ مِنْ اللَّعْنِ وَالرَّفَثِ

Meaning: "It is not fasting only (restraining) from eating and drinking, but fasting is (also restraining) dirty words and insults." (Narrated by Ibn Khuzaimah)

In another narration, Rasulullah SAW said:

لَيْسَ الشَّدِيدُ بِالصُّرَعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ

Meaning: "A strong person is not a person who is good at wrestling. A strong person is one who is able to restrain himself when angry." (Narrated by Ahmad and Ibn Hibban).

The essence of fasting is self-control. In the sense of avoiding hunger, thirst, anger or other bad desires. It is indeed difficult to control ourselves, but actually behind our difficulties in fighting these lusts there is an extraordinary wisdom (Rahmi, 2015).

Therefore, fasting which in a sense also means avoiding lust and guiding people to the right path. So, fasting on Mondays and Thursdays is also beneficial for self-control with the results achieved, namely, making a person able to be patient in the face of trials, making a person have a more disciplined behavioral personality and able to control his emotions well.

#### 4 CONCLUSION

Based on the results of research conducted by researchers at the Al-Mustaqim Bugel Islamic Boarding School, Jepara, it can be concluded that one of the impacts of Monday and Thursday fasting on self-control is that students can control anger because fasting is taught to restrain their lusts. In addition, fasting on Mondays and Thursdays also makes students more patient in facing various difficulties, students are able to be more disciplined and also better able to control their emotions.

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