

## Shaping Techniques in Islamic Guidance Counseling to Overcome Teenagers Who Neglect Prayer

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### Abstract

*This research is motivated by behavior that does not pay attention to the moral values contained in every action carried out. This problem was carried out by teenagers in Selojan Hamlet. It is known that teenagers in Selojan Hamlet like to neglect prayer because of influences from within the individual and also influences from the environment in the form of the family environment and then the influence of peers so that this neglect of prayer occurs and is carried out by teenagers in Selojan Hamlet which gives rise to negative factors. for victims/perpetrator. The objectives of this research are: (1) to determine the factors that influence teenagers who neglect prayer; (2) to find out the process of Islamic guidance and counseling using shaping techniques in dealing with teenagers who neglect prayers in Selojan Hamlet, Karang Sidemen, Central Lombok Regency. This type of researcher uses qualitative research methods to discuss adolescent problems in Selojan Hamlet. Research data was obtained through observation, interviews and documentation. The types and sources of data used are primary and secondary data. The data analysis techniques used are data reduction, data presentation and drawing conclusions. Meanwhile, checking the validity of the data used is triangulation of sources and triangulation of methods. The results of the research show: factors that influence teenagers who neglect prayer include: (1), internal factors include: a). Lazy; b). Busy; c). Fatigue. The two external factors include: family environment, education, friends, technology and online games. (2). The process of Islamic counseling guidance with shaping techniques in dealing with teenagers who neglect prayer, namely first, problem identification, diagnosis, prognosis, therapy and evaluation.*

**Keywords:** Content, Formatting, Article.

### INTRODUCTION

Adolescence is a transition period from childhood to adulthood, middle age and old age. Where at this time teenagers lack emotional, social, physical and psychological maturity. Adolescent development tasks will go through several phases with varying levels of difficulty, so that by knowing their developmental tasks, adolescents can prevent conflicts that arise in everyday life (Ratnasari, W., 2020).

The current situation of teenagers in Indonesia is very worrying. This can be seen from the condition of teenagers today who tend to be free and rarely pay attention to the moral values contained in every action they do. Adolescents tend to be unstable, emotionally unstable and unable to control lustful impulses. During puberty or approaching adulthood, teenagers experience many external influences which cause them to be influenced by the environment. This results in teenagers who cannot adjust or adapt to an ever-changing environment and will engage in behavior that is detrimental to themselves (Trisnawati, J., 2014).

The causes mentioned above are already familiar. There are many cases of deviance among teenagers in their lives, one of which is neglect of prayer which occurs in society because

of this. The causes that occur in adolescent individuals stem from an educational background that is still lacking in understanding and practice in adolescent individuals. This has been explained in the National Education System Law no. 20 of 2003 article 3 states that National Education functions to develop abilities and shape the character and civilization of a dignified nation in order to educate the nation's life, aiming to develop the potential of students to become human beings who believe in and are devoted to God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent, and a democratic and responsible citizen (Widyastuti, D.Y.K., 2025).

Peer relationships have an important influence in adolescence. Because of the intensity of meeting frequently, peers are able to make changes in other people's behavior. According to Harlock, to achieve goals, teenagers must adapt to their surroundings so that they will be accepted by their surroundings. Adaptation is really needed in everyday life, but teenagers must be able to differentiate between good and right.

This search for identity is sometimes a problem for teenagers, they sometimes don't

know or can't differentiate between good and bad, they are also easily carried away by new things and always want to try. During this period, teenagers will try something new that looks fun, making them careless. In this case, they must be given learning or education about religious matters in order to foster goodness or good morals in themselves (Ummah, 2020).

The mental state of teenagers is easy to change and the intellectual courage to achieve results requires an environment that accepts them safely. Despite the pressure and discomfort that are often associated with that period, sufficient patience is also needed, in the true sense of young people learning to become adult humans, by understanding who they are, learning to think reflectively, consciously and responsibly to find strength<sup>6</sup>.

By looking at the facts that have been presented, it is not much different from the cases that researchers encountered in the survey. Based on a survey conducted by researchers where the researcher has conducted a survey of teenagers in the nearest environment together with one of the youth leaders in Selojan Hamlet as well, including 8 teenagers at the start of the survey who the survey researchers have been informed from the start by the youth leader by knowing the problems that arise. faced, lack of enthusiasm in carrying out worship, laziness in participating in religious activities in the village, decreased interest in learning to recite the Koran, lack of awareness that religion is for life, dropping out of school just because they prefer buying and selling online accounts to get results every day, addicted to cell phones and online game. Where a total of 3 teenagers often left their prayers and 3 other teenagers, 2 of whom had left their prayers when they were tired, in an unhealthy condition, the cold condition of the water in the village made the teenagers lazy to touch the water to take ablution water. Based on the survey results, the subjects know that neglecting prayer is not permissible, let alone abandoning obligations, however, they often neglect the five daily prayers, where we know that the impact of neglecting prayer can become a bad habit and cause someone to fall into very serious sins and behavior. not to be imitated.

And based on the results of observations and interviews conducted by researchers, the subjects often neglected prayer and even abandoned prayer. When it was time for prayer, he still always waited to be told to pray by his mother, then immediately rushed to get ablution water and went into the room, he didn't go to the mosque, however, when he was in the room, he didn't immediately pray, he just played on his cellphone and not long after, he came out again and said that he had prayed. Even though when a friend comes to his house to play, he finds out that prayer time has arrived, he rarely rushes to pray straight away, most of the time during prayer time he is still on his cellphone and the game is finished before the prayer.

Every time it comes to dawn, sometimes the mother and father wake up the child, the response given by the child says hmm yes, but when he is asleep, he doesn't wake up and doesn't open his eyes, he falls asleep until dawn, even just to go to school, the subject feels lazy to rush to school because cold water conditions. When entering the evening prayer, the subject was playing on his cellphone and then realized and was going to perform the evening prayer after he was finished with his cellphone, but it was discovered that the subject continued to be busy playing on his cellphone until the prayer time was over. There is an intention that if the time for Isha' is still long, it will be later, because delaying it until the time is up causes the subject not to pray Isha' and realizing that, but the subject's reaction is calm without thinking about what he is doing, it will become a bad habit.

Most subjects pray 4 times a day, namely, Maghrib, Zuhri, Asr, Isha'. If the congregation invites the subject to follow, sometimes within a day the subject is negligent and only performs the evening prayer, and if they are lazy the subject may not perform the prayer in a day.

From the results of observations, researchers also found that the subjects received a lack of attention from their parents and disharmonious families. the condition of parents who live in the rice fields every day. The situation of parents who are abroad far from their children, the situation of parents who are too restrained by their children. This makes children think freely and act as they please, and causes

children not to feel the care and role of parents in matters of religion.

Like the phenomenon that is happening now, it turns out that many of them still lack understanding of religious knowledge, especially regarding the five daily prayers such as prayer experience. Many of them enjoy doing worldly pleasures such as playing with gadgets, watching television and even spending time with their peers, so that the obligations that must be fulfilled as servants of Allah SWT are neglected.

Based on the background that the researcher described, the researcher wanted to know more about teenagers who neglected prayer. The researcher used behavior therapy to bring out new behavior in clients who often neglected to pray. Then it focuses on the techniques used by researchers, namely techniques *shaping* (generating new behavior), which technique will make it easier to bring up the discipline of prayer until it reaches self-awareness. So, the researcher compiled this research with the title **"Shaping Techniques in Islamic Guidance Counseling to Overcome Teenagers Who Neglect Prayer."**

## METHOD

In this research, the researcher uses a qualitative approach, where this qualitative research is based on facts that view social reality in a comprehensive, complex, dynamic and meaningful way. This research was carried out on natural objects, namely objects that developed as they were, not manipulated by researchers.

Researchers use qualitative research because it is in accordance with the information above, namely, there is data in the form of words or verbal forms of information and not in the form of numbers and understands the phenomenon of behavioral deviation in detail, in depth and comprehensively.

The use of qualitative research in this research is because the researcher intends to study Islamic Counseling Using Techniques *Shaping* in Overcoming Teenagers Who Neglect Prayer. This research uses this type of research *case study research* (case study). According to Suharsimi Arikunto, a case study is an intensive, detailed and in-depth approach to certain symptoms.

The research location chosen by the researchers was Selojan Hamlet, Karang Sidemen Village, North Batukliang District, Central Lombok Regency. In conducting this research, there were three subjects who were targeted by the researchers, namely counselees, guidance and counseling teachers and informants such as parents, mosque imams and Koran teachers.

Research data was obtained through observation, interviews and documentation. The types and sources of data used are primary and secondary data. The data analysis techniques used are data reduction, data presentation and drawing conclusions. Meanwhile, checking the validity of the data used is source triangulation and method triangulation.

## RESULTS AND DISCUSSION

### A. Factors for Teenagers Neglecting Prayer

When entering the five daily prayers, the subject is still always waiting for the busy time to end. The subject also still likes to wait to be told to pray by his parents, then the subject rushes to get ablution water and goes to pray, but when he comes home to pray, he doesn't immediately pray but plays on his cellphone again while in the room and after a few minutes comes out again and says that he had prayed. This condition is also the same as the subject who likes to fake his Koran recitation schedule, when the subject is resting at home from his school activities the subject is always busy with his cellphone and games until it is nearing the time of Asr prayer, but when the Asr call to prayer arrives there the subject chooses sleeping took a break from his activities, the subject chose to sleep and not go to the Koran because he was tired. The subject often steals time for reasons not to recite the Koran, resulting in the subject's prayers being left behind. Not only on the Koran recitation schedule, but the subject also often neglects his prayers at Isa and Fajr prayers. This happens when the subject chooses to play, hang out with friends, can't manage his time, likes to stay up until midnight until he neglects to perform the Isa prayer and even abandons it<sup>49</sup>.

Based on the results of interviews with teenagers, parents and mosque imams in Selojan Hamlet, researchers can understand that the reason teenagers do not pray is because they are too busy playing, hanging out with friends and not thinking too much about prayer times, being tired after school so they need rest time and can't perform prayers.

In accordance with the results of interviews that researchers have conducted with several subjects, there are factors that cause teenagers to neglect prayer. There are several inhibiting factors put forward by M Dalyono, namely internal factors that originate within a person and external factors from outside.

### 1. Internal factors

According to M Dalyono, internal factors are indicators that come from humans themselves. Someone does something without any encouragement or coercion from outside. Everything is done from within the human being himself.

Such is the case with the implementation of youth prayers in Selojan Hamlet, Karang Sidemen Village, North Batukliang District, Central Lombok Regency.

The internal factors that influence it are as follows:

#### 1) Lazy

According to Suparlan and Rema, lazy attitudes arise from within the individual, for example boredom and lack of motivation. Individuals who cannot teach themselves that learning is fun, then learning will become a burden and obligation and become boring.

There is no awareness within teenagers to perform prayers. Lack of motivation within teenagers themselves so that teenagers are too lazy to pray. As stated by the Imam of the Mosque in the interview session, he stated:

"What makes young people lazy in carrying out daily activities, especially neglecting prayers, is their

lack of desire to increase their devotion to the commands of Allah SWT. There is also a lack of motivation that these younger siblings have. Even though they already know that skipping prayer is a sin, there are still things that are difficult to say, difficult to regulate. And this feeling of laziness will continue to be a factor in his ability to perform prayers. Indeed, if you don't fight laziness, it's very difficult to stop being lazy and if you don't have the intention to improve it, it will remain a bad habit."

Based on the results of interviews conducted by researchers, teenagers must also instill a high sense of desire within themselves to be able to motivate themselves to become more obedient individuals to the commands of Allah SWT. Because if the problems that exist in every human being must come from themselves, so we, as ourselves, come to our own problems, then the desire to improve ourselves must come from within ourselves as well, because someone does something without any encouragement or coercion.

The results of interviews conducted by researchers with their subjects stated that the subjects were often negligent in praying due to a feeling of laziness that the subjects could not fight within themselves, a personality that preferred to play until they lost track of time and also that the subjects were hampered by falling asleep. so that the subject tends to be late for prayer and even does not perform the prayer.

#### 2) Busy

Teenagers in Dusun Selojan do not perform prayers Because Busy. They are busy with existing activities, such as being busy with school activities or just playing and hanging out with friends, so they don't have time to pray.

## 3) Fatigue

Fatigue is one of the factors that causes teenagers to neglect praying. The fatigue referred to is when coming home from school activities, playing, chatting or just hanging out with friends. These activities make teenagers feel tired and reluctant to perform the five daily prayers.

**2. External Factors**

External factors are factors that come from outside. Factors that can influence someone to be able to do something. The external factors that influence teenagers from Selojan Hamlet, Karang Sidemen Village who neglect prayer are as follows:

## 1) Environment in the family

Family is the main interaction environment experienced by every individual before interacting with society. The family is the main and most important educator for the personal and mental development of each individual, especially children.

Parents' attention to their children is also important enough to be used as a basis for observing parents' order towards their children. Attention means concentration or concentration and all activities are focused on one object. Therefore, the extent to which parents pay attention to the issue of prayer education for teenagers is very important.

Based on the results of interviews conducted by researchers with the subject RZ, the influencing factor in neglecting prayer which is related to family factors is parents who are far from their children. What the researchers know about the subject's daily life is that the subject lives with his grandmother. Both of the subject's parents are outside the area looking for a living. So, this problem is also one of the factors that causes the subject not to pay too much attention to himself, especially when it comes to praying five times a day.

## 2) Education

Education also has a big influence on a person's actions. Where parents go to educate teenagers is very much determined by the extent of their parents' knowledge. Therefore, the higher a person's religious knowledge, the better they will be in providing education to their children. On the other hand, the lower a person's education means the lower their ability to educate their children.

## 3) Friend

Friends are one of the external factors that can influence a person. Because friends are people who always get together or always communicate. Lack of assertiveness in teenagers to refuse invitations from Friend-friends so that teenagers neglect prayer. Obstacles include preferring to play with friends or just joining in.

## 4) Technology

Digital technology capabilities can influence a person's behavior, indirectly influencing social ethics, which tend to follow what is contained in online media which is sometimes less compatible with local culture and values (Muhasin, 2017).

After the development of technology, more and more teenagers are neglecting prayer because they are too focused on using technology such as cellphones and the applications contained therein. Active action against technology makes teenagers spend time playing with headphones and neglecting prayer.

## 5) Game online

Online games are becoming popular factors that influence the five daily prayer activities of teenagers in Selojan Hamlet, Karang Sidemen Village. There are a large number of teenagers who spend time hanging out and playing games in internet cafes or certain places until late at night so they neglect praying.



Based on the results of interviews that the researcher conducted with all subjects, they asked several statements related to whether the subjects performed the five daily prayers on time or not. Then the researchers got several answers which illustrate that online gaming factors also influence teenagers in neglecting prayer

### **B. Islamic Counseling Process with Techniques *Shaping* In Overcoming Teenagers Who Neglect Prayer**

Counseling is a systematic effort to facilitate individuals to achieve the most favorable level of development, development of effective behavior, environmental development and individual benefits in the community environment.

Counseling is an action where all relevant information is collected and the experience of an individual/group of individuals is focused on certain problems that need to be overcome by the individual themselves. In this process the Guidance and Guidance Teacher provides direct personal assistance, but does not take over solving the problem. The goal is to facilitate development of external assistance.

According to one expert, Suhertzer and Stone, counseling is an interpersonal interaction between the counselor and the counselee, so that they can understand themselves and their environment. This will help the counselee to be able to make a decision that helps him be happy and be able to behave adaptively (Romati, 2023).

Based on the explanation above, researchers can conclude that this counseling guidance process is really needed in dealing with problems that do not usually occur and want to change bad behavior into a change in the individual. In this research, the implementation of Islamic counseling will be carried out by the Guidance and Guidance Teacher, namely with Islamic-based counseling using techniques *shaping* in overcoming problems that occur in the client themselves.

So, the BK Teacher's steps in implementing Islamic counseling guidance using shaping techniques are as follows:

#### **a. Identification of problems**

The guidance counselor makes a visit to the subject's home (home visit), not forgetting that the guidance counselor finds out what problems the subject is experiencing. Based on the counseling teacher's data collection in the form of direct observations and interviews with people closest to the counselee, the guidance counselor knows the behavior that is often seen in counselees.

Apart from that, the relationship between the guidance and counseling teacher and the subject, especially the subject's family, is very close, making it easier for the assessment process to run well and optimally. As well as conducting observations and interviews with parents regarding their children's habits (subjects), guidance and counseling teachers also need to analyze social relationships with friends in their environment. From there, the guidance and counseling teacher will see the symptoms which will become important data for the guidance and counseling teacher to identify the problems experienced by the subject.

As in the interview that the BK teacher conducted, it was found that the subject was a child who rarely spoke, the subject often neglected to pray, these symptoms began to appear when the subject experienced unpleasant things at school, what the subject meant was that he had been scolded by his teacher at school, The subject is always labeled as a naughty child by his teacher, the subject feels that he is never right in what he does. From this problem, the subject becomes a child who rarely leaves the house, choosing to stay at home in his own world and spends most of his daily time playing on his cellphone, eating, watching TV

and sleeping without any restrictions from his parents.

When entering the five daily prayers, the subject is still always waiting for the busy time to end. The subject also still likes to wait to be told to pray by his parents, then the subject rushes to get ablution water and goes to pray, however, when he comes home to pray, he doesn't immediately pray but plays on his cellphone again while in the room and after a few minutes the subject comes out again and went to continue his activities, without knowing if he had prayed or not.

The subject now often doesn't go to school and doesn't want to do anything other than staying at home to play on his cellphone, because the subject admits that he is better off at home because he has income from buying and selling game accounts on his social media.

The subject no longer wants to recite the Koran because he feels that he has grown up and no longer needs to learn the Koran. The condition of parents who always support their child's wishes is also one of the factors why the counselee can be negligent in his prayers.

When interviewing subject H's father, he said that his child is obliged to pray on time, but in my daily life I can't be sure whether my child is always on time or not because we as parents know for sure that our children already know their obligations as Muslims. . The subject's father also admitted that he did not go to the mosque every day because the subject's father's daily activities were in the rice fields.

The subject was negligent in praying five times a day, this was because there were no rules that made him feel bound, this caused the subject to feel free. It was proven that when he met the subject's friends, subject H was very difficult to remind him of.

Based on the results of the counseling that have been analyzed, it can be concluded that in collecting data, the BK Teacher conducted interviews with people closest to Heru.

The following is data that has been collected regarding things that cause subjects to be negligent in performing prayers:

- 1) Busy with gadgets, this makes the subject unable to control himself and ends up being negligent in carrying out his worship.
- 2) Cannot manage time, because there is more time to relax so the subject is less responsible for himself in terms of his worship
- 3) The feeling of laziness that arises because there are no proper regulations to be accountable for is evident when conducting observations at the subject's house

From this it can be concluded that what the subject wants is that the subject must have religious-based activities so that the subject remembers and is responsible for himself and his worship. Because prayer contains elements of discipline training and always maintaining order in work and all matters. Through prayer, subjects can learn many things, such as pursuing the qualities of gentleness, politeness, calmness and patience (Hammman, 2008).

#### b. Diagnosis

Based on the data obtained from the results of problem identification, the guidance and counseling teacher determined that the main problem facing the subject was the subject's negligence towards obligations as a Muslim, namely neglecting prayer. In the process of collecting data about the subject, the guidance and counseling teacher uses observation techniques and interviews with the teenagers themselves, the counselee's father and mother. Therefore, the data collected

from the identification process is about the factors that influence the problems experienced by teenagers, namely the frequent "neglect of fardhu prayer times".

c. Prognosis

Based on the data that has been collected and the conclusions from the diagnosis results, the next step is prognosis, namely determining the type of assistance that will be applied to the subject in the counseling process, so that the counseling process carried out by the guidance counselor can help resolve the subject's problems optimally. Seeing the problems that occur in the subject, namely frequent neglect of prayer and the factors that influence it, the BK teacher provides therapy with techniques *shaping*, namely behavior modification.

This therapy aims to develop behavior by gradually strengthening behavior that approaches the target. In order to achieve the target, as well as so that the subject does not neglect prayer again and so that he performs prayer on time. Because prayer is the main key to success, and failure to pray is the beginning of someone's failure.

d. Therapy

After determining the learning strategy, the next step is for the BK teacher to carry out Islamic guidance and counseling on the subject using techniques of shaping. The shaping technique is forming new behavior that has not previously been displayed by providing systematic and direct reinforcement every time the behavior is displayed (Putra, W.A., et al). *Shaping* is also one of the approaches used in behavior therapy by learning through a process of observation, imitation, and modeling and forming new behavior and strengthening behavior that has already been formed.

Technique *shaping* to form new behavior gradually so that bad behavior can later be replaced with good ones.

This shaping is based on the client's related problem, namely neglecting to perform prayers.

The BK teacher goes through an approach process for one month, after one month the BK teacher builds a relationship with his counselee. One month later, we started planning the implementation of the shaping technique, so we are in the process of implementing the shaping techniques lasted for two months.

e. Evaluation

The guidance and counseling teacher will follow up on what happens to the subject by looking at changes and the subject's own will, not because of coercion but with his own awareness by providing counseling. To follow up on this problem, of course the Guidance Teacher will carry out further observations and interviews by finding out the progress of the subject from the people closest to him (father and mother) regarding the changes that have occurred in the counselee. in providing assistance, then evaluate the visible behavior of the subject

Prayer is one of the main pillars of Islamic teachings which has an important role in the life of a Muslim. However, in recent years, there has been an alarming phenomenon related to the behavior of teenagers who tend to neglect prayer. According to data from the Ministry of Religion of the Republic of Indonesia, around 30% of Muslim teenagers in Indonesia do not pray regularly (Kemenag, 2021). This phenomenon shows the need for a more effective approach in guidance and counseling, especially through shaping techniques.

Shaping techniques, which come from behavioral theory, are methods used to form new behavior by providing reinforcement in stages. In the context of Islamic guidance and counseling, this technique can be applied to help teenagers understand



the importance of prayer and build positive habits in carrying it out. This approach not only focuses on changing behavior, but also on forming the character and spirituality of adolescents.

Shaping techniques are methods used in behavioral psychology to form new behavior by providing reinforcement to behavior that is close to the desired behavior. According to Skinner (1953), shaping involves a process of gradual reinforcement, in which individuals are rewarded for each small step closer to the final goal. In the context of Islamic guidance and counseling, this technique can be applied to help teenagers develop prayer habits.

To apply shaping techniques, counselors need to understand the stages in the formation of behavior. First, identify early adolescent behavior that needs to be changed. For example, if a teenager does not pray five times a day, the counselor can start by encouraging the teenager to pray one prayer a day first. After that, the counselor can provide positive reinforcement every time the teenager successfully prays.

One example of the application of shaping techniques in Islamic counseling can be seen in the program carried out by the Islamic Counseling Guidance Institute in Jakarta. In this program, counselors work together with parents to monitor and provide support to teenagers in carrying out prayers. Data shows that after six months of applying shaping techniques, the level of adolescent compliance in praying increased by 50% (Islamic Counseling Guidance Institute, 2022).

In this context, it is important for counselors to provide constructive feedback and support any progress achieved by adolescents. This will increase teenagers' motivation to continue trying to pray. Apart from

that, counselors also need to create a supportive environment, where teenagers feel comfortable sharing their experiences and challenges faced in praying.

With a good understanding of the basic concepts of shaping techniques, counselors can design more effective interventions to help teenagers who neglect prayer. It is hoped that the application of this technique can have a positive impact in shaping the character and spirituality of teenagers, so that they can become more obedient and disciplined individuals in carrying out their worship.

The application of shaping techniques in Islamic counseling requires a systematic and planned approach. First, counselors need to carry out an initial assessment to determine the level of adolescent compliance in praying. This assessment can be carried out through interviews, observations, or questionnaires that measure teenagers' prayer habits. The data obtained from this assessment will be the basis for designing appropriate interventions.

Furthermore, counselors can set specific and measurable goals in the shaping process. For example, if a teenager never prays, an initial goal could be to perform Maghrib prayers consistently for one week. Once the initial goal is achieved, the counselor can increase the target by gradually adding more prayer times. Setting realistic goals will help teenagers feel more motivated and less overwhelmed.

Reinforcement is also an important component in shaping techniques. Counselors need to provide rewards or positive reinforcement every time a teenager successfully achieves a set goal. This reinforcement can take the form of praise, a small gift, or even recognition in front of peers. According to research conducted by

Deci and Ryan (2000), positive reinforcement can increase individuals' intrinsic motivation, so that they are more motivated to pray regularly.

## CONCLUSION

Based on the results of this research, it can be concluded that the factors causing teenagers to neglect the five daily prayers in Selojan Hamlet, Central Lombok Regency are:

1. Internal factors, indicators that come from humans themselves. The internal factors that influence this are laziness, lack of understanding about prayer, unfamiliarity, fatigue, and the lack of awareness within teenagers to perform the five daily prayers. Then you are busy with existing activities such as school activities, or just playing and hanging out with friends so you don't have time to pray.
2. External factors, which can influence someone to be able to carry out something. The external factors that influence it are the environment, the environment greatly influences a person's development and behavior. Encouragement and support from people around you will influence your behavior. Then friends are one of the external factors that can influence a person. Because a friend is someone who is always together or always communicating. Furthermore, technology and online games, after the development of technology, more and more teenagers are not praying on time because they are too focused on using technology such as cellphones.

Then, the process of implementing Islamic Counseling Guidance using the shaping technique consists of five stages, namely: problem identification, diagnosis, prognosis, therapy with shaping (behavior modification) which places more emphasis on helping students by providing reinforcement of the behavior of subjects who are experiencing bad behavior. The subject's self-control leads to behavior that is in line with the common target, namely not neglecting prayer.

## SUGGESTION

Based on the conclusions expressed above, there are several suggestions as follows:

1. Imam  
Continue to motivate and guide the youth in Selojan Village to always perform the five daily prayers, such as reactivating the younger siblings to be more enthusiastic in performing the prayer.
2. Parent  
Parents should always pay attention to their children and supervise their children in interacting with those around them. Because the environment really influences a child's enthusiasm for praying, especially under the guidance of parents as parents.
3. Ngaji teacher  
Continue to increase your sense of concern for younger siblings who need attention in religious knowledge, be even more enthusiastic about adding activities for teenagers' insight in order to build their enthusiasm to continue praying five times a day.
4. Teenagers  
Raise awareness in upholding the five-time prayer, as has been taught by parents, imams, and teachers, because the five-time prayer is a pillar of religion and an obligation for Muslims.

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