


The Effect Of Muhasabah On The Academic Achievement Of Professional Medical Program Students

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Article Info	ABSTRACT
<p>Keywords: Self-reflection, achievement motivation, collage student, academic performance.</p>	<p>Collage students are academic individual with high levels of intellectual, critical thinking skills, and thoughtful planning in their actions. The quality of students can be observed through the academic achievements they attainment. Various factors can influence the academic performance of medical students, such as self-motivation, family support, campus environment, active participation in organizations, and individual differences in the significance of each factor. One effort to boost the motivation to excel is through a reflection approach, or muhasabah. In the context of medical education, self-reflection helps students become more aware of their personal strengths and weaknesses, allowing them to assess the pros and cons of their learning methods, identify their shortcomings, and find ways to improve, thereby encouraging continuous development of better study skills. This study aims to examine the impact of self-reflection on the academic performance of medical students. The method used is a literature review with a narrative review design to identify and summarize previously published articles on the influence of self-reflection on academic achievement. From the 12 articles reviewed, it was concluded that self-reflection is positive impacts students ' academic performance. Through self-reflection, students can enhance self-discipline and reflective skills in evaluating their learning methods, identifying weaknesses, and seeking improvements, which foster continuous improvement in study skills, ultimately contributing positively to academic performance.</p>
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INTRODUCTION

Student is human being academics who have parts and roles important in A institution education college high. Students are considered to have a high level of intellectuality, intelligence in thinking and planning in acting (Pangestu C, et al. al., 2018). ¹ Academic achievement is important components in education medicine and is one of the indicators used by ministry of education, ministry health, and universities to assess Are the graduates competent and able to do practice medicine (Cahyadiana W, et et al., 2023). Various studies in developed countries shows the presence of a number of factors which can affect performance medical student academic like self motivation, family, environment campus,

active in organizations, and It depends on each individual which factor the most important role (Suwandi L, 2018). If someone is motivated to do an activity such as studying, then this motivation will influence the process that leads to the desired goal (Cahyadiana W, et al., 2023).² One of the business For increase motivation achieve is through approach reflection.

Self-reflection is a pattern education formation morality that strives For know and understand self Alone with still guard its nature only to Allah (Suwandi L, 2018).³ Self-reflection is effort For introspection self from all attitude as well as responsible For always improve and perfect practices in life everyday (Ardimen A, et al., 2019).⁴

The existence of management evaluation self (reflection) within self man will support introspection within self. Evaluation self aiming For correcting mistakes made in the activities carried out every day and also fix it yourself to become more soul good (Wanti & Subiyantoro 2022).⁵ Self-reflection for al-Ghazali is one of the form education morality that strives understand condition self with guard attention only to Allah (*muraqabah*) so that morals that are formed with draft reflection This truly originate from a sincere heart and relying on Allah (Hasanah S, 2018).⁶ Muhasabah method can help somebody For change personality become more good. When personality somebody Already Good so will Far more easy recognize potential what is in oneself (Imelda R, et al., 2023) .⁷

Islam teaches We For Keep going Study while Still There is opportunity. As Abu Sofyan's proverb that " *A person will still clever during he demand science. However, if he consider himself has knowledgeable (fast) satisfied) then means himself stupid.* " So that it becomes points important is How somebody can develop his awareness For have will in Study so that can increase results learning (Nurhasanah N, et al., 2023).⁸ The ups and downs performance Study is it's a natural thing, but If No can controlled with Good so somebody No will used to in control himself. For can control performance Study so that it can known quality and its impact is one of them with reflection self or evaluation self. From the background back above, then researcher want to to study problem the more in For see whether there is influence reflection to improvement performance academic study program students profession doctor.

METHOD

This research is a *literature research. Review with Narrative design Review*. This method is used to identify, review, evaluate, and interpret all available literature. By using this method, can be reviewed and systematic journal identification, which in each process follows the steps or established protocols.

The type of data in this study is secondary data, starting with the collection of literature from various academic sources, such as research journals, books, and relevant research reports, as well as articles using databases such as Google Scholar, PubMed, and Scopus. After the literature is collected, the next stage is the evaluation and analysis of data from these studies to identify significant findings related to the research topic.

RESULTS

Based on results summary after done search, found 12 related journals with influence reflection to motivation achieve students, as following :

No.	Title	Writer	Year	Method	Results
1.	Influence Self-reflection To Index Performance Cumulative Student Doctoral Program, University of Indonesia	Rahmatul Atika Jamal1, Sri Julyani, HM Khidri Alwi, Ida Royani, Nur Fadhillah Khalid	2024	<i>explanatory sequential mixed methods with cross approach sectional study</i>	The results of this study indicate that the self-reflection value of UMI medical profession students shows that most have a Mumtaz value of 24 (52.2%), Ahsan 20 (43.5%), and sufficient 2 (4.3%), the highest student GPA in the category With Praise is 37 (80.4%), Very Satisfactory 8 (17.4%) and Satisfactory 1 (2.2%). From the bivariate analysis of the significance value of 0.001, this figure shows <0.05, meaning there is a relationship between the self-reflection value and the student's GPA with the results of the interview data showing that students who do self-reflection get extraordinary benefits that are quite influential in the student's process in completing their professional stage
2.	The Role of Self-Reflection in Increase Performance Learning (Case Study of Santri) Cottage Darul Hikmah Islamic Boarding School (Cisauq Tangerang Banten)	Nida Nurhasanah, Alfadhli	2023	Descriptive qualitative	Research result to students at the boarding school Darul Hikmah Islamic Boarding School Cisauq Tangerang Banten in September 2021 - January 2022 stated that all students understand the urgency of self-reflection and implement it, including in the process of improving their learning achievement.

No.	Title	Writer	Year	Method	Results
					The implementation technique is by being alone and sharing with peers. The implementation time varies, namely every day before going to bed, twice a week and some do it once a month. The self-reflection therapy carried out by class 6 students at the Darul Hikmah Islamic Boarding School only affects some students in improving their learning achievement, while for others the self-reflection they do affects their behavior or his daily attitude.
3.	The Impact of Self Assessment on Academic Performance: A meta- analysis study	The Pinara Karaman	2021	Meta-analysis study	Positive Effects of Self-Assessment : Self-assessment has been shown to have a moderate positive impact on students' academic performance. The study showed that this intervention helped students identify and improve their learning deficiencies, which ultimately improved their academic outcomes. The results of this study suggest that self-assessment can be an effective tool in improving academic achievement when implemented properly. However, its effectiveness can be enhanced by providing adequate training to students on how to conduct self-evaluation effectively and objectively.
4.	Influence Guidance Group with Approach	English: Hafifa Dwi Fadilla,	2022	quantitative	Research result against 15 students class XII MIPA

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No.	Title	Writer	Year	Method	Results
	Self-reflection to Motivation Achievement Student	Ardimen, Fadhilah Syafwar & Emeliya Hardi		experimental type with <i>one group pre-test - post-test design</i>	MAN 2 Tanah Datar that based on Wilcoxon test results signed rank test with Asymp. Sig. (2-tailed) of 0.001 is smaller than the significant value of 0.005 (0.001 < 0.05), which means that Ho is rejected and Ha is accepted. This means that there is a significant difference between students' achievement motivation scores before and after participating in group guidance services using the muhasabah approach at a significance level of 5%. The results of this study mean that group guidance services with the muhasabah approach have a significant effect on students' achievement motivation at a significance level of 5%.
5.	Implementation Self-reflection in Development Motivation Study Students in Islamic Religious Education Subject at Muhammadiyah 1 Genteng Middle School 2019/2020 Academic Year	Reza Dwi Wanda	2020	Field Research with approach qualitative	Implementation of Self-Reflection before carrying out Learning Activities in Developing Student Learning Motivation in Grade VII in the Subject of Islamic Religious Education and Character Education, namely in its implementation this reflection is said to be successful because it can generate a positive response to students, namely providing encouragement to be more active in learning and students become more concentrated and focused in

No.	Title	Writer	Year	Method	Results
					following learning in class. Implementation of Self-Reflection after carrying out Learning Activities in Developing Student Learning Motivation in Grade VII in the Subject of Islamic Religious Education and Character Education, namely students are able to understand behind the teaching materials received in everyday life through questions and answers, accustoming students to have morals and think positively and in its implementation obstacles are found, namely in time, in this evaluation sometimes the time is cut off for the delivery of material so that this reflection after learning cannot be fully implemented
6.	Behavior Counseling With Therapy Self-reflection in Increase Motivation Study Student Achievement Low in SMPN 2 Keruak	Eldi Hari Septriadi	2021	Observational	Research result towards 4 outstanding students low obtained that, the low performance student due to low motivation Study as well as lack of awareness student about importance study. Therapy collaborative self - reflection with Behavioral counseling is very helpful in the improvement process motivation Study counselee Because intention in self counselee is the fundamental thing in create change behavior so that without existence awareness from in self, the influences exerted from

No.	Title	Writer	Year	Method	Results
					outside will not enough maximum Work.
7.	Therapy Self-reflection For Increase Motivation Study Student Pond Islamic Boarding School The Community of the Karang Anyar Ummah East Pagesanga Mataram	Yulia Syafitri 2021	2021	Qualitative with approach descriptive	Based on results study before and after done therapy self-reflection, 7 out of 8 students succeed increase motivation study and 1 person has not show significant development. from results interviews and observations obtained developments experienced student before and after therapy reflection is The research subjects began to be able to diligently complete the tasks given by the council of asatidz who previously sometimes did not pay attention to it and even had no desire and effort to do it, then the research subjects began to be persistent when facing learning difficulties, did not give up easily like before the muhasabah therapy was carried out, showed interest in various problems while studying, from previously still depending on other people when studying they began to prefer being independent without being ordered to study first, began to be interested in different tasks unlike before.
8.	Muḥ āsabab as a Method for Improving Self-Regulated Learning Abilities	Hannah Aisha Muhammad Rohim 2021	2021	Qualitative with approach descriptive	Based on research conducted on students class XII SMA Plus Al-Ghifari Bandung city, 9 students who meet the requirements criteria become sample in study

No.	Title	Writer	Year	Method	Results
					This. Research results show that reflection reflection own role important in improving <i>self-regulated abilities learning</i> (self-regulating in learning) in students. This can be seen from the impact felt by students, including fostering a sense of responsibility, having self-discipline, high learning motivation that can even increase, having targets and goals, having good time management, and of course being able to overcome problems in learning, even though there are obstacles faced.
9.	Influence Self-reflection in Increase Student Spiritual Intelligence Doctor Profession	Nurul Aisyah Palo Ida Royani Sri Julyani	2024	Narrative review	muhasabah helps to facilitate the development of individuals optimally and comprehensively in various aspects of self-development, one of which is to increase spiritual intelligence. The development of spiritual intelligence can be applied to learning professional medical education through the muhasabah method learning strategy. The muhasabah method can also be applied to learning the profession of doctors, by introspecting students in order to have a good relationship with Allah SWT and between fellow human beings.
10.	<i>Muhasabah An- Nafs</i> to Recognize Students' Potential	Reza Imelda, Muhammad	2023	Qualitative descriptive	<i>Self -Reflection</i> which really helps students to recognize the potential that exists in

No.	Title	Writer	Year	Method	Results
	at Miftahussalam Private Islamic Senior High School, Medan	Yunan Harahap			each student. how to open up your horizons of thinking to be broader. By <i>reflecting</i> , the Students of Miftahussalam Private Islamic Senior High School in Medan are able to think better calm and be able to sort out what actions can continue to be done and what actions can be done what to stop, and it all makes the students more active in learning process and looking for hidden talents that exist in him with assistance from teachers and a supportive environment. And as evidence of the results self-reflection, namely many students who can recognize their potential to reap the benefits achievements from the potential they have.
11	Role Self-reflection As an Effort to Cope crisis trust self teenager	Mohammad Ilham Habibie, Muhammad Dito Cahyadi	2024	Narrative review	Muhasabah is an effective approach in dealing with a crisis of self-confidence in adolescents. Muhasabah helps adolescents identify the root of the problem that causes low self-confidence and strengthens spiritual and moral values as a foundation for building healthy self-confidence. The implementation of muhasabah therapy in several sessions showed a significant increase in adolescents' self-confidence, which had a positive impact on various aspects of their lives, including social

No.	Title	Writer	Year	Method	Results
					relationships, academic achievement, and mental health. Therefore, muhasabah can be used as one of the recommended methods to help adolescents overcome a crisis of self-confidence and reach their full potential.
12	Handling Student Procrastination Through Self-Reflection	Abd. Hamid Cholili, Aulia Zahwa Zainuddin, Tifa Sahara Rohma, Chindy Maulidya Alfayn, Dear Sir, Muhammad Mahbubi	2024	Quantitative with design correlational	The results of the correlation between academic procrastination and self-reflection obtained a correlation coefficient of 0.854 and a significance value of $p = < 0.01$. This shows that self-reflection has an effect on dealing with students' academic procrastination.

Based on search literature that has been conducted, 3 specific literatures were found discuss about influence reflection to performance academic students (journals, 1,2,3) 5 literatures that discuss influence reflection to improvement motivation Study For increase performance academic (journal 4,5,6,7,8) influence reflection in increase spiritual intelligence (journal 9) and 3 literatures that discuss about role reflection in recognize potential self (journal 10,11,12).

Discussion

Self-reflection in a way etymology originate from Arabic language is *self-reflection, self-reflection, self-reflection*. Self-reflection has the meaning of calculating, evaluating, correcting, and also has the meaning of introspection self (Nurhasanah N, 2023).⁸ Self-reflection is introspection self, self-awareness yourself, then do improvements and enhancements performance as much as possible maybe and calculate actions in each year, every month, even every moment (Jamal R, et al, 2024).⁹ Self-reflection is approach Islamic for every people Islam For always introspect self. A willing servant get closer self to God must own time special For check and assess what has been done during a day full. If a servant feels No do his job so should begging pardon to Allah. However, if a servant found that he has carry out his duties and obligations, then Already should he give thanks to Allah (Hasanah S, 2018).⁶

Intelligence intellectual and talent or skill somebody No Again become factor main thing that can determine success somebody in learn, but influenced by motivation achievement. Motivation achieve can push efforts achievement results maximum learning. So that if motivation For achieve increase so can also improve results Study students. One of the efforts

that can be made done in increase motivation achieve the is through approach self-reflection (Nurhasanah N 2023).¹⁰

In the journal first by Jamal R, et al (2024) a research that uses method *explanatory sequential mixed* with cross approach sectional study. This study aims to determine the effect of self-reflection on the Academic Achievement Index of the MPPD Faculty of Medicine, Muslim University of Indonesia. The conclusion of this study is that there is a significant relationship between self-reflection values and the GPA of students in the medical profession program, Faculty of Medicine, Muslim University of Indonesia, batch 4 in 2022. Self-reflection has extraordinary benefits that greatly influence the process of students in completing their professional stage (Jamal R, et al, 2024).⁹

Journal second by Nurhasanah N, et al (2023) This research is field research research) the approach used is qualitative descriptive. The purpose of this study was to determine the role of self-reflection carried out by students in improving learning achievement at the Darul Hikmah Islamic Boarding School. The results of the study stated that all students understood the urgency of self-reflection and implemented it, including in the process of improving their learning achievement. The self-reflection therapy carried out by class 6 students at the Darul Hikmah Islamic Boarding School only affected some students in improving their learning achievement, while for others the self-reflection they did affected their daily behavior or attitudes (Nurhasanah N, 2023).¹⁰

The third journal conducted by Karaman P (2021) using the Meta- analysis study method. This study aims to analyze and measure the effect of implementing self-assessment on students' academic performance. The conclusion of this study is that self-assessment has a positive impact on students' academic performance (Karaman P, 2021).¹¹

The fourth journal was conducted by Hafifah D, et al. (2022) using a quantitative experimental method with one group pre-test - post-test design. The purpose of this study was to test the effect of group guidance with a muhasabah approach on students' achievement motivation. The results of this study indicate that group guidance with a muhasabah approach has a significant effect on students' achievement motivation, as seen from the increasing pleasure of students in situations that require personal responsibility, students expect feedback from their work and students tend to take moderate risks rather than low risks (Fadhillah H et et al., 2022).¹²

The fifth journal by Reza WD (2020) with the Field Research research method with approach qualitative. Research This aiming For describe implementation Self-Reflection before and after carrying out Learning Activities in Developing Student Learning Motivation in Islamic Religious Education and Character Education Subjects at SMP Muhammadiyah 1 Genteng in the 2019/2020 Academic Year. The results of this study are that the implementation of self-reflection is said to be successful because it can generate positive responses to students, namely providing encouragement to be more active in learning and students become more concentrated and focused in following learning in the classroom. students are able to understand behind the teaching materials received in everyday life through questions and answers, accustoming students to have morals and think positively and in its implementation obstacles are found, namely in time, in this evaluation sometimes the time is cut short for

delivering the material so that self-reflection after this learning cannot be fully implemented (Wanda R, 2020).¹³

The sixth journal by Septriadi EH (2021) with an observational method. The purpose of this study was to determine the application of behavioral counseling and self-reflection therapy in increasing the learning motivation of low-achieving students at SMPN 2 Keruak, East Lombok. The results of the study concluded that self-reflection counseling and therapy services were quite effective in increasing students' learning motivation (Eldi H, 2021).¹⁴

The seventh journal by Syafitri Y (2021) with a qualitative research method with a descriptive approach. The purpose of this study was to determine the implementation process and results of muhasabah therapy in helping to increase the learning motivation of students at the Ittihadil Ummah Islamic Boarding School. The results of the study concluded that muhasabah therapy can increase learning motivation, this can be seen from the students experiencing a lot of development, 7 students managed to increase their learning motivation and 1 more still has not shown significant development, so further action is needed for this (Syafitri, 2021).¹⁵

The eighth journal by Aisyah H, et al. (2021) This study uses a qualitative approach with a descriptive method. The purpose of this study is to find out more about the background of muḥāsabah activities at SMA Plus Al-Ghifari, to find out how the process of implementing muḥāsabah activities is, and to find out what the roles of muḥāsabah are in increasing self-regulated student learning. The results of this study conclude that muḥāsabah has an important role in three aspects of life, namely the spiritual aspect, the social aspect, and the educational aspect. As for the educational aspect, muḥāsabah plays an important role in increasing self-regulated Student learning in the form of growing attitudes of responsibility, self-discipline, motivation to learn, having targets and goals, good time management, and being able to overcome problems in learning (Aisyah H, et al. et al., 2021)¹⁶.

The ninth journal by Palo NA, et al (2024) this study uses the narrative method review. The purpose of the study was to determine the effect of self-reflection in increasing the spiritual intelligence of medical students. The results of this study concluded that the development of spiritual intelligence can be applied to medical professional education learning through the self-reflection method learning strategy (Palo N, et et al., 2024)¹⁷

The tenth journal by Imelda R, et al (2023). This study uses a qualitative approach with a descriptive method. The purpose of this study is to determine how An- Nafs self-reflection helps students at the Miftahussalam Medan Private Islamic High School in recognizing and discovering their potential. The results of this study indicate that *An- Nafs self-reflection* can help students recognize their potential by opening their horizons of thinking to be broader so that they reap achievements from the potential they have (Imelda R, et al. et al., 2023).⁷

The eleventh journal by Habibie MI, et al (2024) using the narrative method review. The purpose of this study was to understand how muhasabah, as a form of self-introspection in Islam, can help adolescents overcome the lack of self-confidence that they often experience. The results of this study concluded that muhasabah is an effective approach in dealing with a crisis of self-confidence in adolescents that has a positive impact on various aspects of their

lives, including social relationships, academic achievement, and mental health (Habibie M, et al., 2024).¹⁸

twelfth journal by Cholili AH, et al. (2024) this study aims to determine the effectiveness of handling academic procrastination of students through self-reflection. This study uses the Academic Procrastination scale instrument with 10 statement items and the Self-Reflection scale with 10 statement items. The results of this study show that the correlation between academic procrastination and self-reflection obtained a correlation coefficient of 0.854 and a significance value of $p < 0.01$. This shows that self-reflection has an effect on dealing with students' academic procrastination (Cholili A, et al. et al., 2024).¹⁹

CONCLUSION

Based on study literature that discusses about influence reflection to improvement performance academic, can concluded that reflection self own positive influence to performance academic students. Muhasabah can improve self-discipline and a person's ability to reflect, which will ultimately have a positive effect on learning achievement. Muhasabah plays an important role in improving self-regulated learning in the form of growing attitudes of responsibility, self-discipline, motivation to learn, having targets and goals, good time management, and being able to overcome problems in learning. Through self-reflection, someone can do evaluation regarding the learning process that has been carried out done, so that can evaluate weaknesses and strengths in method learn, identify weaknesses, and seek method For fix it so that push individual For increase skills learn more Good in a way Keep going continuously.

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