Efforts of Dormitory Supervisors in Overcoming Problems in the Quran Memorization Dormitory

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Abstract

The dormitory is a temporary residence for students or students who are away from home while studying. The diversity found in dormitories in the form of habits, culture, religion, mindset and way of life is a challenge for dormitory coaches. Dormitory coaches have their own share in dealing with conflicts that occur in the dormitory. Therefore, this study aims to explore the efforts of dormitory coaches in overcoming various problems faced by dormitory residents, including religious, educational, health, hygiene, and social aspects. This research uses a qualitative method with a case study approach. Data sources were taken from ten informants consisting of dormitory coaches, students, and dormitory administrators, data sources were taken through in-depth interviews. The results of this study indicate that there are six efforts of dormitory coaches in overcoming problems that occur in the dormitory which include i) forming religious programs ii) guiding and facilitating the learning process at night iii) prohibition of certain types of food and drinks iv) provision of health services v) making a daily picket schedule vi) implementing the *ukhuwah* program.

INTRODUCTION

Dormitory is a place to live, a residence for students or students who come from outside the city. Dormitory also means a residential building consisting of several rooms filled with several people in each room (Lika et al., 2022; Aswari et al., 2022; Maimun et al., 2021). Dormitories have a very important role in educational life. Dormitories not only function as a place to rest and sleep for its residents, but also as a means to build character, develop social skills, and become a training arena in self-management (Engkizar et al., 2022; Nawipa, 2018; Oktavia et al., 2023; Wuryandani et al., 2016). In light of this, life in dormitories faces a variety of challenges and issues that can impact the comfort and productivity of resident.

Dormitory supervisors are people who are responsible for the management and welfare of dormitory residents, acting as substitute parents who function to educate, organize and overcome various problems that occur in the dormitory

environment (Luthfiyah & Supratno, 2023; Sabrina et al., 2022; Salamah & Purwanto, 2020). The role of the dormitory supervisor in overcoming daily problems is very important to create an environment that supports the development and comfort of dormitory residents.

However, in reality, various problems arise in the dormitory environment, both complex and multidimensional (Hafidhoh, 2016). One of the main challenges often faced in a dormitory environment is conflict between residents. Disputes that arise between them are often triggered by differences in cultural backgrounds, values, habits, and varied worldviews. These incompatibilities can lead to tension, and if not managed well, can undermine harmony and create an atmosphere that is less supportive of the learning process. In addition, other challenges such as hygiene, discipline, order, and mental health are also important concerns for dormitory managers. The diversity of residents, which includes differences in age, social status and culture, often adds to the complexity of managing daily life in dormitories.

In dealing with various problems in the dormitory, the dormitory supervisor has a great responsibility, which requires good managerial and communication skills (Fadhila et al., 2024; Muswara & Zalnur, 2019; Muzari & Sembodo, 2020). Dormitory supervisors not only act as supervisors who maintain order and rule implementation, but also function as mediators in resolving conflicts between residents. In addition, they also act as counselors who are ready to help residents overcome various personal, social and emotional problems. A sensitive approach to the psychological needs of the residents is essential to manage the issues as a whole.

Coaches who have a sense of empathy and good communication skills will be more successful in finding effective solutions to any problems that arise. Furthermore, dormitory coaches are expected to be able to establish clear rules and policies and be consistent in their application, so as to create a balance between the need for order and personal freedom of residents. In this context, coaches are often faced with making decisions that are not only related to enforcing formal rules, but also related to building harmonious relationships among residents. For example, in addressing cleanliness issues, dormitory coaches can build a culture of mutual cooperation among residents, considering that cleanliness is an important aspect that affects residents' physical health and reflects their discipline and responsibility for the environment (Sulthon & Satria, 2023).

Therefore, this research aims to dig deeper into the efforts made by dormitory coaches in overcoming various daily problems that exist in the dormitory. This research will look specifically at how the boarding coaches deal with the problems that arise, both in terms of religion, education, health, hygiene and also the social life of the residents. By understanding the role and strategies of dormitory coaches in managing these problems, it is hoped that this research can contribute to the development of more effective dormitory management policies based on an understanding of the social dynamics that occur in them.
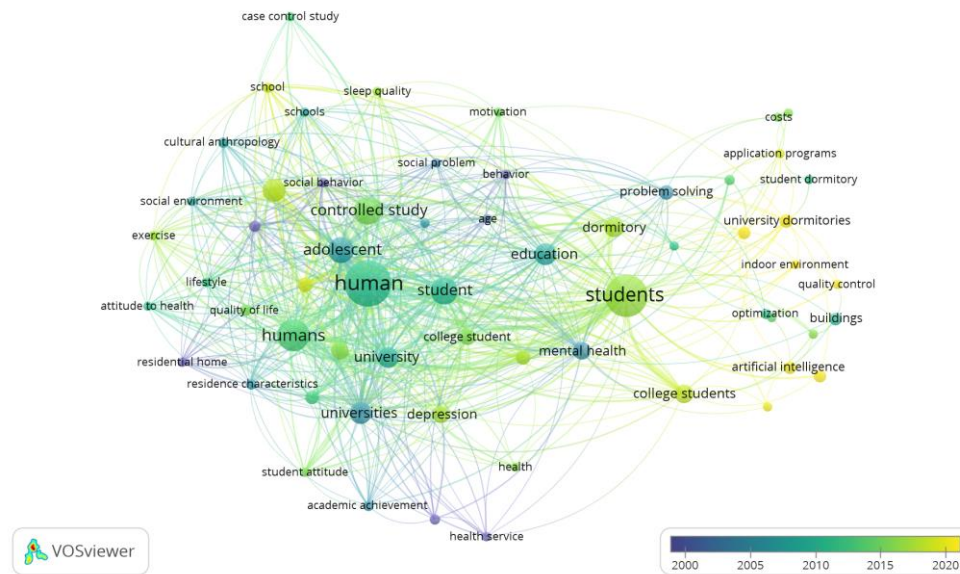
Fig 1. Keyword analysis of the efforts of dormitory coaches in overcoming problems that occur in dormitories based on Scopus data (2015-2024)

Based on the results of analysis using the keywords dormitory, supervisory control, Islam, problem which the author analyzed on Wednesday, January 15, 2025 at 20.39 WIB from published research, the results show that previous research from various countries related to the efforts of dormitory coaches in overcoming problems that occur in dormitories have never been developed, existing research findings show mental health, college dormitories, student dormitories, problem solving. While research on the efforts of dormitory coaches in overcoming problems that occur in dormitories has not been developed. For this reason, the research is worth doing as the main reference for future researchers who will discuss the efforts of dormitory coaches in overcoming the problems that exist in the dormitory.

METHODS

This research uses qualitative research methods. According to Moleong in 2002, qualitative methods are research procedures that produce descriptive data in the form of written or spoken words from individuals and observed behavior (Engkizar, 2011; Engkizar et al., 2024; Moleong, 2002; Mutathahirin et al., 2022; Oktavia et al., 2023; Rahman et al., 2018; Wangi et al., 2022). This research uses a case study approach. In brief, a case study is research on a case in which each process is carried out in detail, sharply, and in depth (Basya & Syarifudin, 2023; Engkizar et al., 2022; Yoseptry et al., 2024). The case here can be an individual, group, organization, or institution. From the case research, it is expected that the researcher will gain in-depth knowledge about the case under study.

This research was conducted through indepth interviews (Engkizar et al., 2023). The selection of informants refers to four criteria, namely having the competence to understand well the problem under study, still active in the field under study, having time to provide information to researchers, and being honest in providing information according to the data and facts that occur in the field (Engkizar et al., 2021; Putri et al., 2021). This study involved ten informants

consisting of dormitory coaches and dormitory administrators at several educational institutions. The research technique used was probability sampling (Engkizar et al., 2024).

The data collected was then analyzed using data analysis techniques in the form of: data reduction, data presentation and conclusions. Furthermore, the results of this conclusion will be described later in the writing.
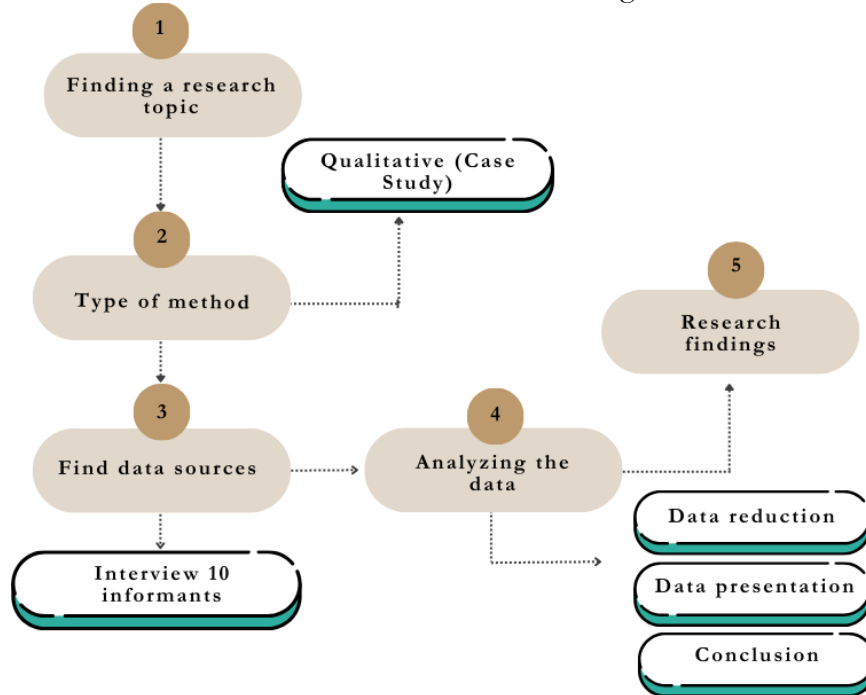
Fig 2. Steps of the research method

RESULT AND DISCUSSION

Based on the results of interviews conducted with ten informants, the results of the real analysis clearly found that there were six important themes related to the efforts of dormitory coaches in overcoming problems that occurred in the dormitory. The six themes can be seen in figure 3, below.

Fig 3. Dormitory supervisor's efforts in overcoming dormitory problems

Based on figure 3, researchers can explain that after conducting in-depth interviews with informants, there are six efforts of dormitory coaches in overcoming problems that occur in the dormitory, the six themes are i) establishing religious programs, ii) guiding and facilitating the night learning process, iii) banning certain types of food and drinks, vi) providing health services, v) making daily picket schedules, vi) implementing *ukhuwah* programs.

Next, the researcher will describe the quotes from the interviews with informants based on the six themes above. The interview descriptions shown are short excerpts of statements from informants when the interviews were conducted. These interview quotes, although conveyed by informants in slightly different language editorials, actually have more or less the same purpose and intention.

First, establishing a religious program. The religious program is one of the distinguishing characteristics between dormitories and non-dormitories. As stated in the following interview excerpt.

...in the dormitory we hold religious programs in the form of five daily prayers, fiqh studies after dawn prayers, reading the Quran together, short lectures, muhadoroh every Friday night and learning speeches and sermons (informants 1, 2, 3 & 5).

Other informants stated that the religious programs help dormitory residents to complete their learning targets as the following interview excerpt shows.

... we designed religious programs so that dormitory residents can quickly complete their memorization targets, and also so that dormitory residents can continue to repeat their memorization (informant 4)

In carrying out life in a dormitory which is a gathering place for individuals with different backgrounds, both in terms of religion, culture, and life experiences that cover complex daily problems. So the dormitory supervisor designed religious programs.

Religious programs in dormitories serve as one of the important efforts in shaping individuals who are not only intellectually intelligent but also have strong moral and spiritual characters (Antoni et al., 2023). Religious programs are designed not only to deepen religious knowledge, but also to instill the values of honesty, discipline, empathy, and responsibility.

Religious programs in dormitories usually include routine activities such as congregational prayer, *halaqoh tahfiz*, recitation, book studies and commemoration of religious holidays. These religious activities aim to improve the quality of faith and devotion of boarders, so that they can practice religious teachings in their daily lives (Amrizal et al., 2022). Through these programs, it is expected that boarders can develop not only academic intelligence, but also form a better attitude to life. This includes cultivating noble morals, discipline in time management, maintaining harmonious relationships with others, and building commitment to religious values.

In addition, religious programs in dormitories have a significant impact in forming good habits, such as discipline in worship, wise time management, and attention to cleanliness of the heart and the surrounding environment (Faiz et al., 2021; Jubaedah et al., 2024; Walzer et al., 2018). These positive habits will certainly affect the daily lives of boarders, both in interacting with fellow residents and in life outside the dormitory. In this case, the presence of a dormitory coach is very important. The dormitory coach acts as a good role model, educates, gives advice, and monitors the implementation of religious programs attentively.

Second, guiding and facilitating the learning process at night. Night learning is a program in which there are a series of activities in the form of an educator's

learning process for students with the hope that after the implementation of this guidance it can improve the learning outcomes of the students (Santoso & Fahyuni, 2022). Apart from improving student learning outcomes, the coach also provides character guidance through the orderliness of students who come to the night learning activities (Hasan et al., 2021). As the following interview.

...especially for the coaches is to supervise and provide additional lessons or repeat lessons to the students at night, the material that is prioritized in studying at night which is directly guided by the coach is nahwu, shorof, and tahfidzul Quran (informants 6 & 10)

In supporting the teaching and learning process in the dormitory, dormitory managers or coaches try to provide and pay attention to aspects of educational facilities and residential comfort. Adequate and efficient funding is very important to support these needs. As the following interview excerpt.

...in the dormitory there is a spacious and comfortable study area for discussion and study together for dormitory children. We also provide a mini library that can help dormitory residents find references or just to add reading material (informant 9) .... *in the dormitory there is a spacious and comfortable study area for discussion and study together for dormitory children. We also provide a mini library that can help dormitory residents find references or just to add reading material* (informant 7)

Boarding school education aims to build character, increase religious understanding, and prepare students to become noble, independent, and responsible individuals (Firmansah et al., 2022; Jannah, 2019; Laila et al., 2024; Yusuf & Handrianto, 2022). Learners in dormitories are also expected to learn independently, such as organizing daily schedules and managing time well.

Third, the prohibition of certain types of food and drink. One form of maintaining physical health is the selection of healthy types of food and drink. As the following interview excerpt shows.

...The dormitory enforces the rule of not eating instant noodles, meatballs, chicken noodles and the like to prevent diseases for dormitory children. This is done to maintain the dormitory children's diet in order to avoid foods that have too much micin, in the dormitory can only eat noodles every 2nd week. This prohibition is made so that dormitory children maintain their health so that they can carry out the dormitory program properly (informants 4 & 6).

The health aspect in dormitories refers to various aspects related to the physical, mental, and emotional health of the dormitory residents during their stay in the environment (Naibaho & Murniati, 2022; Widodo & Marcillia, 2020). One form of maintaining physical health is the selection of healthy types of food and drinks. To be able to grow healthy and normal, Islamic law recommends a Muslim to consume a variety of balanced foods that the body really needs (Latifa et al., 2023; Qibt, 2021; Yetmi et al., 2021).

Problems with health aspects in dormitories cannot be separated from irregular diets and unhealthy lifestyles among dormitory residents affecting their physical and mental health (Windasari et al., 2024). The incidence of infectious diseases, such as flu or respiratory infections, can also occur in a crowded and unhygienic environment. The mental health of dormitory residents is also a concern for dormitory supervisors. In this case, the supervisor must take comprehensive steps to maintain the physical and mental health of boarders by educating boarders on the importance of maintaining health with a balanced diet (Arfah & Wantini, 2023; Hakim, 2019).

Fourth, the provision of health services. Dormitories have different ways of

providing health services. As in the following interview.

if a dormitory resident is sick then there will be officers who check whether they are really sick or just pretending, residents who cannot be handled in the dormitory are usually taken to the nearest clinic or to the nearest hospital to be treated (informants 2 & 5), *regular exercise and adequate sleep, dealing with residents who are sick by examining them or taking them to the School Health Unit or the nearest clinic for treatment* (informants 6, 8 & 10)

Service is an effort to serve the needs of others. Services are basically activities offered to consumers or customers who are served, which are intangible and cannot be owned (Kanedi et al., 2017). Health services can also be provided by the dormitory supervisor, room brother, roommate or dormitory mate (all members of the dormitory) in the form of first aid and providing attention and assistance for dormitory residents (Fitriani, 2023; Nurrahma, 2020).

In health services, dormitory supervisors work with medical personnel to conduct periodic health checks and provide counseling on mental and physical health (Djalaluddin et al., 2022; Mardliyah et al., 2023). With these steps, it is hoped that the quality of life of dormitory residents can improve and health problems can be minimized.

Fifth, make a daily picket schedule. Dormitory cleanliness is an important factor in creating a healthy, comfortable and conducive environment for dormitory residents (Sulistyowati et al., 2023; Yaqin et al., 2025). As the following interview excerpt.

...to maintain the cleanliness of the dormitory, we (coaches) will divide picket duties to dormitory children and monitor the implementation of daily pickets so that the dormitory is kept clean, picketing is carried out twice a day, namely morning and evening... (informants 1, 2 & 3)*...the distribution of pickets is carried out every day only once in the morning at 6.30, for those who do not want to do or do not picket, the officer who has been given the responsibility will record the name of the dormitory child who does not carry out the picket and will be subject to punishment or iqob in accordance with the agreement that has been made...* (informant 4)

Cleanliness covers many aspects, from the personal hygiene of each resident to the cleanliness of the dormitory's surrounding environment. Maintaining a clean body, clothing, and sleeping area is part of an important routine to prevent the spread of disease and maintain the physical health of residents. In addition, the cleanliness of public facilities such as toilets, bathrooms, dining rooms, and study rooms must also be considered so that boarders can feel safe and comfortable in carrying out their daily activities.

However, hygiene problems in dormitories often arise due to several factors. One of the main problems is the lack of awareness and discipline of dormitory residents in maintaining personal hygiene and the surrounding environment (Abdan, 2022; Yakin et al., 2024). For example, some residents may not be accustomed to keeping their beds clean or littering, which can create unpleasant odors and attract disease-carrying insects or animals. This can occur due to a lack of guidance and understanding of the importance of cleanliness for health and comfort.

In overcoming this problem, it is important for dormitory managers to increase awareness and guidance regarding cleanliness, and provide adequate facilities. The coach can conduct hygiene training, remind residents to maintain personal and environmental hygiene (Fahham, 2020) and establish strict rules

regarding cleanliness. Thus, cleanliness in dormitories can be well maintained, creating a healthier, more comfortable environment, and supporting the welfare of dormitory residents.

Sixth, implementing the *ukhuwah* program. The *ukhuwah* program is one of the dormitory programs in increasing solidarity between fellow dormitory residents. As found in an interview with one of the informants as follows.

> *...in the dormitory, of course, inevitably there must be social interaction, in this case, when we accept new residents, we always hold a ta'aruf period so that the dormitory residents get to know each other, the dormitory also holds competitions, rihlah, art performances which also serve to familiarize the dormitory residents. we (coaches) also sometimes share stories with dormitory children to motivate or give advice so that they are persistent in pursuing knowledge, this session adds to our familiarity with the dormitory residents* (informants 4 & 9)... *problems that occur between dormitory children we solve by trying to give advice and enlightenment to the problematic parties so that it does not happen again and they can make up again. also conveyed to other dormitory residents if there are problems so that they can be resolved properly and care for each other* ... (informants 1, 3 & 6)

Social life in dormitories plays an important role in shaping the character and social skills of dormitory residents. In dormitories, residents usually live together for a long time, so they are required to interact and cooperate in various daily activities. This social life involves relationships between residents, between residents and coaches, as well as interactions with the surrounding environment (Bintang & Warsono, 2021). Through a healthy social life, boarders can learn values such as tolerance, cooperation, communication, and respect for differences (Irfan, 2013). In addition, good social relationships can help them overcome homesickness and foster a sense of community among boarding school friends.

However, in social life in dormitories, problems often arise that can affect harmony between residents. One of the main problems is interpersonal conflict that occurs due to differences in backgrounds, habits, or perspectives between residents. These differences can cause friction, whether in the form of arguments, misunderstandings, or competition. For example, residents who come from different cultures or regions may have habits that are incompatible with other residents, which can cause tension. If these conflicts are not addressed, they can damage social relationships and disrupt the atmosphere in the dormitory.

In addition, a lack of social skills is also often a problem in dormitory social life. Some boarders, especially those who are living away from their families for the first time, may find it difficult to adapt to communal living. They may feel awkward or uncomfortable interacting with others, which can lead to feelings of loneliness or isolation. Without sufficient coaching, residents can have difficulty in building healthy relationships and managing conflicts that arise. This can worsen their social wellbeing and disrupt daily life in the hostel.

To address this issue, coaches and dormitory managers need to play an active role in creating a positive and supportive social environment. One way is to organize joint activities, such as community service, sports, or group discussions, which can strengthen relationships between residents. In addition, coaches also need to provide guidance on social skills and ways to resolve conflicts peacefully.

With the right approach, social life in boarding schools can be an enjoyable and rewarding experience for residents, and help them develop into more mature individuals who interact with others.

CONCLUSION

This finding has answered the research questions and objectives to be achieved that it turns out that the efforts of dormitory coaches in managing various problems in the dormitory must be carried out comprehensively, covering aspects of religious, educational, health, hygiene, and social development. This not only supports the welfare of the dormitory residents, but also plays an important role in preparing residents to become independent, responsible individuals who are able to interact well in the community.

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Author contribution

Azimah Khaira Ummah: data curation, writing-original draft preparation and editing, **Muhammad Barry Mahmudi**: conceptualization, **Alfina Zulyan Wardani & Nur Asikin Kakoh**: methodology, validation, **Azizah Khaira Ummah**: visualization, supervision, software.

AI Statement

The data and the grammatical structure in this article have been validated and verified by English language experts and no AI-generated sentences are included in this article.

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Ethical clearance

The research company has agreed to carry out the research and is willing if the results of this research are published.

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