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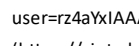
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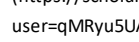
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MENGHAFAL AL-QURAN: TINJAUAN FUNGSI KOGNITIF

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ABSTRAK

Fungsi kognitif merupakan suatu proses mental yang terdiri dari pengetahuan, pengolahan informasi, dan penalaran. Fungsi kognitif meliputi domain persepsi, memori, pembelajaran, perhatian, pengambilan keputusan, dan kemampuan bahasa. Penilaian fungsi kognitif terdiri dari perhatian dan konsentrasi, fungsi eksekutif, memori, bahasa, keterampilan visuokonstruksi, pemikiran konseptual, kalkulasi, dan orientasi. Gangguan kognitif merupakan respons maladaptif yang ditandai oleh gangguan daya ingat, disorientasi, inkoheren dan sukar berfikir secara logis. Menghafal melibatkan berbagai proses kompleks yang disebut proses kognitif dasar yang meliputi pengkodean, penyimpanan, dan pemanggilan kembali memori, karena proses ini terjadi dalam banyak sistem memori yang berfungsi berbeda tetapi saling berhubungan satu dengan yang lain. Al-Quran adalah kitab suci umat Islam yang berasal dari Allah SWT dan diturunkan melalui Rasul Muhammad SAW. Menghafal Al-Quran dapat menstimulasi faktor neurotropin. Pada usia dewasa terjadi penurunan fungsi kognitif sebesar 6,7%. Fungsi kognitif dapat dinilai dari kadar serum Brain Derived Neurotrophic Factor (BDNF) dan serum Nerve Growth Factor (NGF). Brain Derived Neurotrophic Factor merupakan suatu protein yang meningkatkan kelangsungan hidup neuron dan sinaps yang berperan dalam proses belajar dan memori. Nerve Growth Factor adalah protein yang berperan dalam pertumbuhan, perkembangan, dan pemeliharaan sel saraf. Tujuan kajian ini adalah menjelaskan secara fisiologi pengaruh menghafal Al-Quran terhadap fungsi kognitif ditinjau dari kadar BDNF serum dan NGF serum. Berdasarkan hasil dari beberapa penelitian didapatkan hasil bahwa dengan menghafal Al-Quran secara terus menerus dapat meningkatkan fungsi kognitif.

ABSTRACT

Cognitive function is a mental process consisting of knowledge, information processing, and reasoning. Cognitive functions include the domains of perception, memory, learning, attention, decision-making, and language skills. Assessment of cognitive functions consists of attention and concentration, executive function,

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KATA KUNCI

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KEYWORDS

- Cognitive,
- Memorizing Al-Quran,
- BDNF,
- NGF.

memory, language, visuoconstruction skills, conceptual thinking, calculation, and orientation. Cognitive disorder is a maladaptive response characterized by impaired memory, disorientation, incoherence and difficulty thinking logically. Memorization involves various complex processes called basic cognitive processes which include encoding, storing, and recalling memories, because these processes occur in many memory systems that function differently but are interconnected with one another. Al-Quran is the holy book of Muslims that comes from Allah SWT and was revealed through the Prophet Muhammad SAW. Memorizing the Al-Quran can stimulate the neurotrophin factor. In adulthood, there is a decrease in cognitive function of 6.7%. Cognitive function can be assessed from the serum levels of Brain Derived Neurotrophic Factor (BDNF) and serum Nerve Growth Factor (NGF). Brain Derived Neurotrophic Factor is a protein that increases the survival of neurons and synapses that play a role in learning and memory processes. Nerve Growth Factor is a protein that plays a role in the growth, development and maintenance of nerve cells. The purpose of this study is to explain physiologically the effect of memorizing the Al-Quran on cognitive function in terms of serum BDNF and NGF levels. Based on the results of several studies, it was found that memorizing the Al-Quran continuously can improve cognitive function.

1. PENDAHULUAN

Fungsi kognitif merupakan suatu proses mental yang terdiri dari pengetahuan, manipulasi informasi, dan penalaran. Fungsi kognitif meliputi domain persepsi, memori, pembelajaran, perhatian, pengambilan keputusan, dan kemampuan bahasa (Calvo & Gomila, 2009). Penelitian pada usia dewasa didapatkan hasil terjadi penurunan fungsi kognitif sebesar 6,7% (Taylor et al., 2018) . Al-Quran adalah kitab suci umat Islam yang berasal dari Allah SWT dan diturunkan kepada Rasul Muhammad SAW (Kirmani, 2015; Slamet, 2019; Khan, 2014; Alaydrus, 2019). Membaca Al-Quran merupakan kewajiban umat Muslim. Seseorang yang membaca, menghafal dan mendalami Al-Quran disebut Hafidz (Sirin et al., 2021). Menghafal Al-Quran bukanlah hal yang mudah untuk dilakukan, karena menghafal Al-Quran membutuhkan daya ingat yang kuat dan konsentrasi yang tinggi (Basir et al., 2022).

Brain Derived Neurotrophic Factor (BDNF) merupakan suatu protein yang meningkatkan kelangsungan hidup neuron dan sinaps yang berperan dalam proses belajar dan memori (Adriani et al., 2020). Nerve Growth Factor (NGF) adalah protein yang berperan dalam pertumbuhan, perkembangan, dan pemeliharaan sel saraf (Hall et al., 2018). Beberapa penelitian didapatkan hasil bahwa dengan menghafal Al-Quran dapat meningkatkan fungsi kognitif.

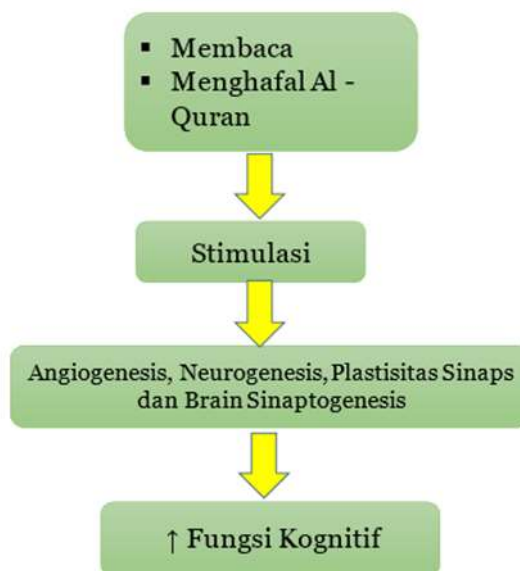
2. PEMBAHASAN

Penilaian fungsi kognitif terdiri dari perhatian dan konsentrasi, fungsi eksekutif, memori, bahasa, keterampilan visuokonstruksi, pemikiran konseptual, kalkulasi, dan orientasi. Penurunan fungsi

kognitif dapat memengaruhi aktivitas dalam kehidupan sehari - hari (Htut et al., 2018). Apabila terjadi penurunan fungsi kognitif, maka akan memengaruhi kemampuan untuk berfikir (Htut et al., 2018).

Terdapat beberapa mekanisme terjadinya gangguan kognitif. Semakin bertambahnya usia, terjadi penurunan jumlah sel saraf secara bertahap yang pada beberapa area, yaitu: area temporalis superior (area yang paling cepat kehilangan sel saraf), girus presentralis dan area striata (Barha et al., 2019). Secara patologis penurunan jumlah kolinergik akan menyebabkan berkurangnya neurotransmitter asetilkolin sehingga menimbulkan gangguan kognitif dan perilaku (Jensen et al., 2015).

BDNF merupakan suatu protein yang terdapat di neuron dan sinaps yang berperan dalam proses belajar dan memori. Pada peningkatan fungsi kognitif, BDNF juga akan meningkat (Adriani et al., 2020). NGF merupakan neurotropin dari faktor pertumbuhan. NGF berperan melindungi sel saraf untuk mencegah proses neurodegeneratif. NGF juga berperan dalam menstimulasi neurogenesis, plastisitas sinaps dan memodulasi organisasi struktur sinaps dan fungsi sel neuron. (Hall et al., 2018). Menghafal melibatkan proses yang disebut proses kognitif dasar yang meliputi pengkodean, penyimpanan, dan pemanggilan kembali memori, karena proses ini terjadi dalam banyak sistem memori yang berfungsi berbeda tetapi saling berhubungan. (Shukri et al., 2020).



Gambar 1 Membaca dan menghafal AL-Quran meningkatkan fungsi kognitif

Menghafal Al-Quran berarti proses menghafal Al-Qur'an secara keseluruhan, baik hafalan maupun ketepatan bacaannya serta menekuni, melafalkan dan mencurahkan perhatiannya untuk menjaga hafalan dari kelupaan. (Zainal Arifin, 2019). Penghafal Al-Qur'an dalam Bahasa Arab disebut Hafidz Al-

Quran. Hafidz Al-Quran adalah orang yang hafal dengan baik setelah melalui proses hafalan ayat demi ayat Al Qur'an dengan sengaja. Para Hafiz Qur'an dapat membacakan ayat-ayat Al-Qur'an tanpa melihat ayat-ayat tersebut dan harus selalu menjaga hafalannya agar tidak terlupakan. Memang Al-Qur'an itu mudah dihafal seperti yang tertera di salah satu ayatnya: "Dan sesungguhnya telah Kami mudahkan Al-Qur'an untuk dipahami dan diingat, lalu apakah ada yang mendapat pelajaran?" (Muhammad & Listiana, 2021).

Berdasarkan penelitian Hussain (2021) kelompok perlakuan mendengarkan Al-Quran memiliki peningkatan memori dan bermakna secara statistik. Hal ini dikarenakan mendengarkan Al-Quran dapat meningkatkan *mood* dan hormon bahagia.) Berdasarkan penelitian Irawati (2018), membaca Al-Qur'an dapat mencegah penurunan fungsi kognitif pada lansia karena membaca dan mendengarkan Al-Quran memberikan ketenangan, ketakwa'an, dan mengontrol emosi bagi pembacanya.

KESIMPULAN

Kegiatan menghafal Al-Quran dapat menstimulasi serum Brain Derived Neurotrophic Factor (BDNF) dan serum Nerve Growth Factor (NGF). Peningkatan kadar serum BDNF dan serum NGF merupakan penanda peningkatan fungsi kognitif.

3. UCAPAN TERIMA KASIH

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MENGHAFAL AL-QURAN: TINJAUAN FUNGSI KOGNITIF

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ABSTRAK

Fungsi kognitif merupakan suatu proses mental yang terdiri dari pengetahuan, pengolahan informasi, dan penalaran. Fungsi kognitif meliputi domain persepsi, memori, pembelajaran, perhatian, pengambilan keputusan, dan kemampuan bahasa. Penilaian fungsi kognitif terdiri dari perhatian dan konsentrasi, fungsi eksekutif, memori, bahasa, keterampilan visuokonstruksi, pemikiran konseptual, kalkulasi, dan orientasi. Gangguan kognitif merupakan respons maladaptif yang ditandai oleh gangguan daya ingat, disorientasi, inkoheren dan sukar berfikir secara logis. Menghafal melibatkan berbagai proses kompleks yang disebut proses kognitif dasar yang meliputi pengkodean, penyimpanan, dan pemanggilan kembali memori, karena proses ini terjadi dalam banyak sistem memori yang berfungsi berbeda tetapi saling berhubungan satu dengan yang lain. Al-Quran adalah kitab suci umat Islam yang berasal dari Allah SWT dan diturunkan melalui Rasul Muhammad SAW. Menghafal Al-Quran dapat menstimulasi faktor neurotrofin. Pada usia dewasa terjadi penurunan fungsi kognitif sebesar 6,7%. Fungsi kognitif dapat dinilai dari kadar serum Brain Derived Neurotrophic Factor (BDNF) dan serum Nerve Growth Factor (NGF). Brain Derived Neurotrophic Factor merupakan suatu protein yang meningkatkan kelangsungan hidup neuron dan sinaps yang berperan dalam proses belajar dan memori. Nerve Growth Factor adalah protein yang berperan dalam pertumbuhan, perkembangan, dan pemeliharaan sel saraf. Tujuan kajian ini adalah menjelaskan secara fisiologi pengaruh menghafal Al-Quran terhadap fungsi kognitif ditinjau dari kadar BDNF serum dan NGF serum. Berdasarkan hasil dari beberapa penelitian didapatkan hasil bahwa dengan menghafal Al-Quran secara terus menerus dapat meningkatkan fungsi kognitif.

ABSTRACT

Cognitive function is a mental process consisting of knowledge, information processing, and reasoning. Cognitive functions include the domains of perception, memory, learning, attention, decision-making, and language skills. Assessment of cognitive functions consists of attention and concentration, executive function,

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memory, language, visuoconstruction skills, conceptual thinking, calculation, and orientation. Cognitive disorder is a maladaptive response characterized by impaired memory, disorientation, incoherence and difficulty thinking logically. Memorization involves various complex processes called basic cognitive processes which include encoding, storing, and recalling memories, because these processes occur in many memory systems that function differently but are interconnected with one another. Al-Quran is the holy book of Muslims that comes from Allah SWT and was revealed through the Prophet Muhammad SAW. Memorizing the Al-Quran can stimulate the neurotrophin factor. In adulthood, there is a decrease in cognitive function of 6.7%. Cognitive function can be assessed from the serum levels of Brain Derived Neurotrophic Factor (BDNF) and serum Nerve Growth Factor (NGF). Brain Derived Neurotrophic Factor is a protein that increases the survival of neurons and synapses that play a role in learning and memory processes. Nerve Growth Factor is a protein that plays a role in the growth, development and maintenance of nerve cells. The purpose of this study is to explain physiologically the effect of memorizing the Al-Quran on cognitive function in terms of serum BDNF and NGF levels. Based on the results of several studies, it was found that memorizing the Al-Quran continuously can improve cognitive function.

1. PENDAHULUAN

Fungsi kognitif merupakan suatu proses mental yang terdiri dari pengetahuan, manipulasi informasi, dan penalaran. Fungsi kognitif meliputi domain persepsi, memori, pembelajaran, perhatian, pengambilan keputusan, dan kemampuan bahasa (Calvo & Gomila, 2009). Penelitian pada usia dewasa didapatkan hasil terjadi penurunan fungsi kognitif sebesar 6,7% (Taylor et al., 2018). Al-Quran adalah kitab suci umat Islam yang berasal dari Allah SWT dan diturunkan kepada Rasul Muhammad SAW (Kirmani, 2015; Slamet, 2019; Khan, 2014; Alaydrus, 2019). Membaca Al-Quran merupakan kewajiban umat Muslim. Seseorang yang membaca, menghafal dan mendalami Al-Quran disebut Hafidz (Sirin et al., 2021). Menghafal Al-Quran bukanlah hal yang mudah untuk dilakukan, karena menghafal Al-Quran membutuhkan daya ingat yang kuat dan konsentrasi yang tinggi (Basir et al., 2022).

Brain Derived Neurotrophic Factor (BDNF) merupakan suatu protein yang meningkatkan kelangsungan hidup neuron dan sinaps yang berperan dalam proses belajar dan memori (Adriani et al., 2020). Nerve Growth Factor (NGF) adalah protein yang berperan dalam pertumbuhan, perkembangan, dan pemeliharaan sel saraf (Hall et al., 2018). Beberapa penelitian didapatkan hasil bahwa dengan menghafal Al-Quran dapat meningkatkan fungsi kognitif.

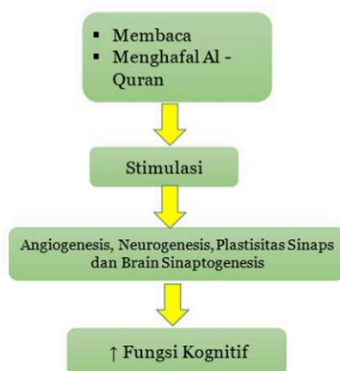
2. PEMBAHASAN

Penilaian fungsi kognitif terdiri dari perhatian dan konsentrasi, fungsi eksekutif, memori, bahasa, keterampilan visuokonstruksi, pemikiran konseptual, kalkulasi, dan orientasi. Penurunan fungsi

kognitif dapat memengaruhi aktivitas dalam kehidupan sehari - hari (Htut et al., 2018). Apabila terjadi penurunan fungsi kognitif, maka akan memengaruhi kemampuan untuk berfikir (Htut et al., 2018).

Terdapat beberapa mekanisme terjadinya gangguan kognitif. Semakin bertambahnya usia, terjadi penurunan jumlah sel saraf secara bertahap yang pada beberapa area, yaitu: area temporalis superior (area yang paling cepat kehilangan sel saraf), girus presentralis dan area striata (Barha et al., 2019). Secara patologis penurunan jumlah kolinergik akan menyebabkan berkurangnya neurotransmitter asetilkolin sehingga menimbulkan gangguan kognitif dan perilaku (Jensen et al., 2015).

BDNF merupakan suatu protein yang terdapat di neuron dan sinaps yang berperan dalam proses belajar dan memori. Pada peningkatan fungsi kognitif, BDNF juga akan meningkat (Adriani et al., 2020). NGF merupakan neurotropin dari faktor pertumbuhan. NGF berperan melindungi sel saraf untuk mencegah proses neurodegeneratif. NGF juga berperan dalam menstimulasi neurogenesis, plastisitas sinaps dan memodulasi organisasi struktur sinaps dan fungsi sel neuron. (Hall et al., 2018). Menghafal melibatkan proses yang disebut proses kognitif dasar yang meliputi pengkodean, penyimpanan, dan pemanggilan kembali memori, karena proses ini terjadi dalam banyak sistem memori yang berfungsi berbeda tetapi saling berhubungan. (Shukri et al., 2020).



Gambar 1 Membaca dan menghafal AL-Quran meningkatkan fungsi kognitif

Menghafal Al-Quran berarti proses menghafal Al-Qur'an secara keseluruhan, baik hafalan maupun ketepatan bacaannya serta menekuni, melafalkan dan mencurahkan perhatiannya untuk menjaga hafalan dari kelupaan. (Zainal Arifin, 2019). Penghafal Al-Qur'an dalam Bahasa Arab disebut Hafidz Al-

Quran. Hafidz Al-Quran adalah orang yang hafal dengan baik setelah melalui proses hafalan ayat demi ayat Al Qur'an dengan sengaja. Para Hafiz Qur'an dapat membacakan ayat-ayat Al-Qur'an tanpa melihat ayat-ayat tersebut dan harus selalu menjaga hafalannya agar tidak terlupakan. Menghafal Al-Qur'an itu mudah dihafal seperti yang tertera di salah satu ayatnya: "Dan sesungguhnya telah Kami mudahkan Al-Qur'an untuk dipahami dan diingat, lalu apakah ada yang mendapat pelajaran?" (Muhammad & Listiana, 2021).

Berdasarkan penelitian Hussain (2021) kelompok perlakuan mendengarkan Al-Quran memiliki peningkatan memori dan bermakna secara statistik. Hal ini dikarenakan mendengarkan Al-Quran dapat meningkatkan mood dan hormon bahagia. Berdasarkan penelitian Irawati (2018), membaca Al-Qur'an dapat mencegah penurunan fungsi kognitif pada lansia karena membaca dan mendengarkan Al-Quran memberikan ketenangan, ketakwa'an, dan mengontrol emosi bagi pembacanya.

KESIMPULAN

Kegiatan menghafal Al-Quran dapat menstimulasi serum Brain Derived Neurotrophic Factor (BDNF) dan serum Nerve Growth Factor (NGF). Peningkatan kadar serum BDNF dan serum NGF merupakan penanda peningkatan fungsi kognitif.

3. UCAPAN TERIMA KASIH

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4. DAFTAR PUSTAKA

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