

ABSTRACT

This research addresses the phenomenon of learning fatigue among the millennial generation, caused by the influence of learning motivation, and how the application of Qur'anic counseling applying fitrah therapy in alleviating learning fatigue. The research aims to examine the effectiveness of applying Qur'anic counseling using natural therapy in mitigating learning fatigue among millennial students. The study employed an experimental approach with a single-subject A-B-A research design. The research subject was a ninth-grade student. The data collection technique utilized the learning fatigue scale, and was analyzed using quantitative data.

The results of this study shows that the initial intervention data (A1) before being treated (pretest) in the form of Qur'anic counseling with fitrah therapy obtained a score of 44 with an average mean of 8.8, which shows student learning saturation in the very saturated category. In the baseline phase (B), the score increased to 68 with a mean of 13.6, indicating a slightly fatigued category. Then, after being serve with baseline (B) in the form of Qur'anic counseling with fitrah therapy, the score increased to 108, with an average mean of 36, which shows that students' learning saturation is not saturated.

Keywords: Learning Fatigue, Qur'anic Counseling, Natural Therapy

