

The Impact Of Handshake Habituation On Mutual Forgiveness And Respect Among Students

Oktio Frenki Biantoro¹, Nayirotul Fadhilah², Muhammad Istiqlal³
^{1,2,3}UIN Salatiga Indonesia

oktiefrenkibiantoro@uinsalatiga.ac.id, nayirotulfadhilah@gmail.com, m.istiqlal@uinsalatiga.ac.id

Abstract: The purpose of this study was to determine the impact of habituation of handshakes on mutual forgiveness and mutual respect among students. The data collection techniques were in-depth interviews, observations, and documentation. While the data analysis used the interactive data analysis model technique popularized by Miles and Huberman. The results of this study are The results of the study show that (1) The value contained in the handshake is that it can forgive each other, respect each other, create harmony, establish a relationship, brotherhood among students of the second semester mathematics department. (2) The impact of habituation of handshakes on mutual forgiveness of fellow students is that it has a very good impact on health, including shaking hands can reduce the anger that flares up in the heart, getting inner peace for people who shake hands because they can forgive each other for intentional or unintentional mistakes, thus creating good relationships in friendship. (3) The impact of handshake habituation on mutual respect is the creation of harmony among students on campus by showing tolerance without discriminating against each other.

Keywords: *Impact, Habituation, Handshake, Forgiving Attitude, Respectful Attitude.*

INTRODUCTION

Handshakes are common things that are often done and have become a habit for someone to interact with others, someone shakes hands to establish relationships with others. Shaking hands or besalaman has a very great virtue, which can erase the sins that have been committed, forgive the mistakes of others, establish friendship, and can respect fellow human beings (Wardi et al., 2023: 154-164).

Handshake according to Ramdani, Dkk (2022: 11-12) says that a handshake is someone putting his palm on the palm of another person and facing each other with the aim of strengthening brotherhood by carrying out friendship between people and strengthening affection. Similarly, Ibn Hajar in (Simanjuntak, 2020: 31) said that a handshake means placing the palm of the hand with the palm of the other hand. Shaking hands will have another positive effect, namely it will eliminate grudges, forgive each other, and can eliminate malice in one's

heart. Agree with the opinion of Choiriyah (2016) in Nantara (2020: 4) saying that shaking hands is something that is recommended by Islam. This habit has positive values that have an impact on moral education, including being able to strengthen the relationship, foster high social care. Another positive impact of the habit of shaking hands is practicing to dare to interact with the community.

Students are people who study in higher education. Students can understand a problem because students are able to think based on scientific reasons, and perspectives, so that students are able to see problems critically. From observations in the field, students majoring in second semester mathematics at Salatiga State Islamic University often do things when they meet by shaking hands, this culture is often done by students because it has become their habit. This habit is applied to lecturers or people who are more respected and applied when meeting others. This is supported by the results of research (Wardi, 2023: 154) The results of his research show that shaking hands has a contribution in increasing students' respect for teachers in the madrasah environment and outside the madrasah.

The habit that is often carried out by students on campus is shaking hands, this is done as a form of greeting friends and lecturers. Through the application of the habit of shaking hands, it is expected to foster an attitude of respect, forgiveness and respect for others. According to the behaviorism theory of classical conditioning, it states that examples of behavior must be explained through an experience that must be shown and practiced in life. From this theory, it can be seen that habituation that is applied repeatedly will have a good impact where students will get used to what is done (Marwiyati, 2020: 154). Meanwhile, according to Nantara (2020: 4) habituation is a method that a person does repeatedly in order to achieve a predetermined goal.

From the results of observations, that students of Salatiga State Islamic University majoring in mathematics in the second semester, the habituation of shaking hands is carried out by students when in lecture classes, in the campus environment, and outside the campus, with the application that is done to increase friendship and establish harmony among students, this is seen that, second semester students are still in the stage of adaptation in the campus environment, so the beginning of getting acquainted or greeting by extending a hand or shaking hands as a sign of adding friendship. Based on the description above, the author is interested in raising the issue of the impact of habituation of handshake as an attitude of mutual forgiveness

and respect for fellow students majoring in second semester mathematics at Salatiga State Islamic University.

METHODS

The research conducted in this article uses a qualitative approach with a descriptive type with the aim of describing an aspect that is relevant to the phenomenon that has been observed. The data obtained from the field is described in the form of words from the behavior directly observed by the researcher (Nurmasyita, 2015). The object of research was obtained from students majoring in mathematics in the second semester of Salatiga State Islamic University. The data collection techniques in this article are observation, interview, and documentation. In the observation technique, the researcher used participant observation, because the researcher observed the activity directly and participated in the activity. The interview technique was used by conducting direct interviews with second semester students majoring in mathematics at Salatiga State Islamic University. In the documentation technique, the researcher used data collection methods related to the research. Data analysis in this article is carried out since before entering the field, during the field, and after being in the field. As according to Nasution in (Hamidah, 2021: 72) says that analysis is carried out since formulating and explaining the problem, before going to the field and continuing until writing the research results.

RESULT AND DISCUSSION

Values contained in shaking hands

1. Religious Value

Instilling religious values in the campus environment is an important need. This can be done by students to apply religious values in all aspects of their diversity. One way to achieve this goal is to do habituation through handshakes, which aims to create and develop a religious culture. Shaking hands in Islamic teachings is not just a tradition. More than that, it has religious value with worship content. In the religious value for those who shake hands, they not only achieve a sense of serenity based on happiness. But he will get the reward as well as erased his sins. Agree with Ramdani et al., (2022: 9) said that shaking hands is a good deed that can forgive his sins as hadith from Al Barra' R.A. Rasulullah said "If two Muslims meet and then they shake hands, the sins of the two people will be forgiven before they separate". H.R Abu Daud.

Literally, the hadith implies that, Allah will forgive the sins of his believing servants

when they meet and they shake hands. The habit of shaking hands is able to foster a sense of calm and comfort in a person so that they will forgive each other for the hatred that has stopped in their hearts. The religious value of shaking hands can be concluded that in the habit of shaking hands, an attitude of mutual forgiveness, a sense of closeness, comfort, and calmness will grow with the person who is invited to shake hands. In addition, Allah will melt the sins that have been committed.

2. The value of friendship and brotherhood

The culture of handshake among students of Salatiga State Islamic University has become a habit every day, handshake is done by students when meeting friends or lecturers as a sign of greeting and respect or respect for others. The handshake indicates a sense of intimacy and has become a habit. The culture of shaking hands, which has become a habit for students, can strengthen the relationship, brotherhood, and the growth of mutual respect. By staying in touch we can also get to know each other and expand brotherhood.

Shaking hands is a habit recommended by religion. This habit has positive values that have an impact on students who shake hands, including strengthening the relationship, fostering social care. With a maintained friendship, it can minimize hostility, malice, and other bad traits. Meanwhile, high social care can have an impact on mutual help among fellow students (Choiriyah: 2016: 76). Humans are social creatures, where humans need other humans. As a social being, we must establish a good relationship with other humans. One of them is by getting used to shaking hands when meeting or greeting. This can connect affection, because connecting the rope of affection can strengthen the relationship of Ukhuwah Islamiyah (R. Ulfa, 2021: 1).

According to Karimah (2022: 207) Brotherhood is the spirit, brotherhood that every Muslim must be a brother. We can do this by shaking hands with other people, this habit can create a harmonious and peaceful atmosphere. When the two atmospheres have been built, it results in brotherhood and friendship that is getting stronger. This is in line with Choiriyah's research (2014: 81), which says that the habituation of handshakes fosters a close relationship and brotherhood among Madrasah residents who are harmonious, besides that handshakes can show respect for elders.

From the description above, it can be concluded that the value of friendship and brotherhood contained in the habituation of handshakes is the creation of mutual respect and appreciation, minimizing hostility, can establish harmonious and peaceful relationships,

strengthen the relationship of Ukhuwah Islamiyah, and mutual assistance.

3. Value of Harmony

Shaking hands, which has become a habit of 2nd semester mathematics students at Salatiga State Islamic University, is a common thing in the campus environment. Given that Salatiga State Islamic University is a religious-based state campus that upholds high tolerance values. So the habituation of handshakes among students is applied in fostering an attitude of tolerance and spreading kindness to each other.

The habit of shaking hands is highly recommended. However, as students who are able to think based on scientific reasons, and perspectives, so that students are able to see problems critically. The handshake activity that has become a habit is a way to respect fellow students or respect lecturers and instill a sense of brotherhood and kinship in the campus environment. This is in line with what Ismatullah (2019: 68) said with the value of respecting others is one of the efforts to foster harmony of life between humans in order to realize a life of mutual respect and respect in accordance with one's dignity and degree as a human being. According to Mahariyani (2018: 60) harmony is an attitude of mutual respect, appreciation, and acceptance of differences, so that good and peaceful interactions are formed in living life in the campus environment. In accordance with Nasrullah's research (2014: 1) the results of his research show that shaking hands can create harmony and a uniform culture in the surrounding area with a difference.

It can be concluded that the value of harmony in shaking hands includes growing tolerance in differences, creating harmony in the lives of mutual respect and respect for fellow students, increasing the bond of brotherhood, creating good and peaceful relationships.

The impact of handshake habituation on mutual forgiveness among students

Forgiveness is a process of healing from wounded memories (Soesilo 2006) in Nihayah et al. According to experts, forgiveness is also defined as a way of restoring damaged relationships in a pro-social manner. Forgiveness can be obtained by someone by shaking hands. Shaking hands is a habit that is often practiced by Indonesian people. In Indonesia, shaking hands is better known as shaking hands and is something that has become a habit. We often find handshakes in various places, one of which is among students. Shaking hands is done by students through several purposes including to apologize for mistakes they have made, as a sign of friendship, to strengthen the relationship, and by shaking hands shows mutual forgiveness, safety, peace, and affection. In addition, someone will have a humble attitude and not be arrogant (Munadi, 2021: 100).

The habit of shaking hands carried out by students has a very good impact. First, the impact on health can reduce the anger that flares up in the heart, thus making the fire of anger go out and with the habit of shaking hands it is easier to forgive for mistakes that are intentional or not, because shaking hands creates a sense of security, comfort with friends. This agrees with Nihayah et al., (2021: 116) saying that forgiveness is very important for a person's mental health, not only mental health but also physical health. With a handshake, a person can forgive his mistakes, although it does not rule out the possibility of fully forgiving mistakes, but both parties have released the feelings of hatred that exist within them, so that they have eliminated the burden of hatred on themselves.

The two impacts of shaking hands on mutual forgiveness have a positive impact, especially for inner peace. Nihayah et al., (2021: 110) say that shaking hands will make someone get peace of mind, therefore people who carry out the habit of shaking hands every day are able to forgive other people's mistakes easily without a sense of resentment that surrounds them, then surely these people will get inner peace and peace of mind.

The third impact of habituation of handshakes in social relations. This can be seen from the results of the interview, students do handshake habituation not only on campus but are applied outside the campus, although it has not been fully internalized properly, sometimes there are still students who shake hands. But they are getting used to doing it as a relationship between others. student social relations are interactions with others, social interactions that often occur are by doing greetings by shaking hands in the campus environment and outside the campus to improve relationships because they have forgiven each other and can strengthen harmony between students and reduce hostility to each other. According to Ismatullah (2019: 68) The habit of shaking hands creates connections and recognition, and increases happiness in the friendships of fellow students.

From the findings and the theory above, the researcher concludes that the handshake is a habit that when done repeatedly will lead to mutual forgiveness among fellow students. When students are familiarized, when meeting lecturers, friends must shake hands and say greetings in daily activities in the campus environment. This has a good impact on health, namely it can reduce the anger that flares up in the heart, get inner peace for people who shake hands because of mutual forgiveness and the creation of good relationships in friendship. This is evidenced when students majoring in mathematics at Salatiga State Islamic University meet friends or when in lectures they get used to shaking hands with each other. Shaking hands has a very good

impact on mutual forgiveness, especially sometimes someone forgets their mistakes, with this routine it will help solve the problem.

The impact of handshake habituation on mutual respect among students

Shaking hands is a common thing that is done and has become a habit that students do to interact with each other in the campus environment and outside. Usually students shake hands when meeting or parting with other students as a form of respect for each other (Wardi, 2023: 162). According to Hero (2021: 108), a handshake is a trivial thing but has a big impact, namely when students shake hands with strangers or with their friends. This can foster mutual respect with others without differentiating background, ethnicity, religion and others. With this, shaking hands can strengthen friendships, create harmony and tolerance so that mutual respect is well implemented.

From the findings through informants, namely by shaking hands is equal to equality between students as creatures where there are no higher and lower degrees, with a handshake, the value of mutual respect exists. Shaking hands makes students feel equal because indiscriminately, whether rich, poor, smart, less smart, all shake hands without differentiating students from each other. In line with the opinion of Panjaitan (2014: 89) everyone is equal and has the same position before God and the law, so someone must be able to accept someone by not discriminating against ethnicity, religion, language, gender and nation, if someone is able to accept other people as they are then that person is also old.

In fostering respect for students through handshakes, it has a good impact on students including the impact of harmony. Based on observations and informant information where students majoring in mathematics in the second semester of Salatiga State Islamic University respect and appreciate each other regardless of differences can create harmony, this can be seen in the case study experienced by one of the students, every time students meet each other they greet each other and some even shake hands. This is often done by students in the campus environment and outside lectures. With this handshake they realize that what is done is for the common good and to create a harmonious life among fellow students. This is in line with the results of Koten's research (2019: 272) the results of his research say that by appreciating every difference that students have can increase mutual harmony between students on campus, so it is highly expected that students uphold the differences between students.

Students are individual beings who have different ways of thinking. Being in a student environment makes us often meet various kinds of people from various backgrounds, which

differ from regional origin, to a person's character. So there is a sense of mutual respect for each other or in other words tolerance. Tolerance means respecting differences and not cornering one party. according to Tilman (2004) in (Ningsih, 2022: 447) tolerance is an attitude of mutual respect, with the aim of peace. From the research results of Salatiga State Islamic University students in the 2nd semester mathematics department, each student clearly has differences in age, regional origin, character and so on. From this difference they do not differentiate even appreciate as a fellow class, from the habit of shaking hands that is applied every day in class when entering the room shows an attitude of accepting others without distinguishing their differences. This habit can lead to a sense of mutual respect and honor despite differences, but it is not a problem but rather creates an attitude of tolerance.

From the findings above, it can be concluded that the habit of shaking hands among students majoring in second semester mathematics has a very good impact on the attitude of respect for fellow classmates, can create harmony and students can apply tolerance. With the habit of shaking hands can build mutual respect, can foster respect for students and create harmony for students. Because with this they do not see the differences and deficiencies that exist.

CONCLUSIONS

The value contained in the habituation of handshakes is the religious value in the habituation of handshakes, it will grow an attitude of mutual forgiveness, a sense of closeness, comfort, and calmness with the person invited to shake hands. In addition, Allah will melt the sins that have been committed. The value of friendship and brotherhood contained in the habituation of handshakes is the creation of mutual respect and appreciation, minimizing hostility, can establish harmonious and peaceful relationships, strengthen the relationship of Ukhuwah Islamiyah, and mutual assistance. The value of harmony in shaking hands includes growing tolerance in differences, creating a life of mutual respect and respect for fellow students, increasing the bond of brotherhood, creating good and peaceful relationships.

Handshake is a habit that when done repeatedly will lead to mutual forgiveness among fellow students. Moreover, sometimes someone forgets his mistakes, with this routine will help solve the problem. When students are familiarized, when they meet each other, they shake hands and say greetings in daily activities in the campus environment. This has a good impact on health, namely it can reduce the anger that flares up in the heart, get inner peace for people

who shake hands because of mutual forgiveness and the creation of good relationships in friendship. The habit of shaking hands among students majoring in mathematics in the second semester has a very good impact on the attitude of respect for fellow classmates, can create harmony and students can apply tolerance. With the habit of shaking hands can build mutual respect, can foster respect for students and create harmony for students. Because with this they do not see the differences and shortcomings that exist.

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