



CELL HEALTH LEARNING BASED ON DZIKRULLOH SPIRITUAL PRACTICE “HE NING CIPTO METAPHYSICS MEDITATION”, TO BUILD A STRONG BODY IMMUNITY SYSTEM

Ahmad Qosyim¹, Erman², Laily Rosdiana³, Enny Susiyawati⁴

^{1,2,3,4}Jurusan IPA, Fakultas MIPA, Universitas Negeri Surabaya, Indonesia

Abstract

This study aimed to describe the implementation of the Spiritual Practice-Based Learning Approach to Metaphysics Meditation "He Ning Cipto" in the Cell-Level Life course to build the student's immune system during the covid-19 pandemic. This study involved three classes of 2018 class students with a total of 90 people. This quasi-experimental research uses a "one shot case study" as a research design where there is only a treatment class without control. Data collection methods in this study include observation, tests and surveys in order to obtain data on the implementation of learning, mastery of concepts, meditation skills, and mental health. The results showed that the implementation of the learning carried out had fulfilled the syntax and obtained the dominant learning management assessment score mode of 4 from the total existing meetings. The learning outcomes test from 3 classes with 4 study topics (Cell Structure and Function, Cell Health Concepts, Body Immune System, Cipto Silent Meditation) in 7 meetings showed that students' mastery of concepts could be achieved maximally both individually and classically with a percentage of completeness of 95, 56%. Based on rewriting data and diaries, Cipto's Silent Meditation skills can be practiced well according to the recommended instructions and procedures. Students' rewriting scores ranged from 78 to 100, while for student diaries they received a minimum score of 80 and a maximum of 100. The questionnaire responses given showed high Mental Attitude Health (KSM) results of 96%, High Cell/Body Health (KST) of 86% and the Happiness Scale Index is in the high category (above 34, 4) with A level between 46-50 at 29%, Level B between 40-45 at 66% and C between 34-39 at 6%. Overall, it can be concluded that this research has helped students in learning and gaining an understanding of the concept of cell health and the immune system, as well as developing silent meditation skills, to build a strong immune system for students and actors in achieving a level of mental health and mental attitude. good dohir cells/body, and pure soul happiness is born as a result of a sense of faith, and evidence of obedience and gratitude to Allah SWT for all His blessings, then the practice of meditation has an impact as a form of self-protection from various kinds of diseases including the Covid-19 virus.

Keywords: Spiritual Practice-Based Learning Approach Metaphysics Meditation “He Ning Cipto”, Cell Level Life Course, Mental Attitude Health

INTRODUCTION

Physical health is the main need for all human beings in carrying out life and quality of life. In the midst of the Corona Virus or COVID-19 pandemic outbreak in early 2020 until now in May 2020, in the world including Indonesia, it has had a tremendous impact and influence on public health, causing death and even the economy. Efforts to prevent and control the transmission of the virus have been carried out by the government at all levels of government and institutions including educational institutions, namely following programs in accordance with WHO protocols and SOPs in various forms, for example: social distancing, staying at home, wearing masks, washing hands with soap and hand sanitiser, spraying disinfectant, and PSBB.

Science education and science learning, in the Department of Science, FMIPA UNESA, requires various kinds of innovations, ranging from conceptual and practical levels, models, methods, development, implementation. In the Cell Level Life Course (KTS), there is the concept of the cell as a structure and function, which in depth, breadth and continuity, the concept must lead to a discussion of the health of cells or the human body as an axiological function in all sciences. The fundamental development of an innovation can be in the form of laying the foundation for the nature of how scientific concepts are discovered and taught, so the researcher in this case, in teaching the concept of cell health, uses the Bonek learning model with 5N Syntax (Intention, Niteni, Niroake/Ngelakoni, Nambahi, Nerusake + Gotong Royong), which is taught with an educational approach based on the *Spiritual Practice/Practice of Dzikrulloh Meditation Hening Cipto*, to gain knowledge, skills, and attitudes, as well as direct forgiveness, which is obtained so that cell health or body health, in science education students who program KTS courses can maintained, maintained and improved, in order to contribute to education during the COVID-19 pandemic, this is still ongoing, as an effort to get a strong immune system.

From the description above, it is found that the focus of the problem and the research objectives to be solved/completed are; First, determine the topics to be taught in the study, namely theories and concepts of body cell health, which are also related to the concepts of health, illness, disease, medicine, treatment and diagnosis and medical action. The second is to reveal the mechanism of the formation of the immune system of body cells and body cells antibodies, which are used as physical indicators of treatment results. What three forms of spiritual practice are chosen as an

effort to reduce or solve problems, based on the same prerequisites, theories and concepts can be understood, understood properly and correctly. Fourth, how the learning of theories and concepts of cell health, and the body's immune system, based on the practice of Islamic spiritualism teachings and the Adiluhung Cultural Heritage of the Indonesian Nation, can be practiced properly, efficiently, effectively and effectively, by students or other research subjects.

The results of research on the impact of spiritual behavior on health and others, have been carried out by many previous researchers, including; Masaru Emoto that the human body consists of 70% water which when given words or behavior as positive energy nearby will form beautiful crystals like blooming flowers, Prof. Dr. Mohammad Sholeh, about the effect of tahajjud prayer on the body's immune system to cure various diseases, Abu Sangkan about the effect of solemn prayer on faith and sources of knowledge, Prof. Dr. Ali Aziz about happy prayer therapy and Dr. KH. Dojoko Hartono, M.Ag., M.M about the power of spirituality as the capital of successful advanced school leaders. Dr. Agus Mustofa, for testing the research results of a doctoral candidate who is a doctor who takes doctoral degrees at the Postgraduate IAIN/UINSA Surabaya, which is viewed from the scientific aspect of PNI (Psycho, Neuro, Immunology).[4] [5] [9]

The health of a person's body is greatly influenced by the quality of the health of the cells that make up the tissues, organs and organ systems in the life organization of multicellular living things, including humans. Cell health is actually determined by the active processes of biophysics (hemostasis) and cell biochemistry (metabolism), which run in a balanced and stable manner, especially those regulated in the nervous and hormonal coordination system in the form of a good immune system. A good immune system can be a determinant of the quality of a person's cell health better, to be safe, awake or not from attacks against viral, bacterial and fungal pathogens that cause illness or disease [5]

A good quality of body cell health is influenced by a strong immune system, a strong immune system is one of the physical evidences of the health of the body's cells, where the health of body cells is physically influenced by a person's good, stable, and happy psychological/spiritual/spiritual aspects. A strong psychological condition, a healthy and happy mental attitude, as well as a fit/fit cell/body/physical of a person depend on the quality of good faith, the quality of good faith must also be nurtured and nurtured in the quality of one's good spiritual practice [1].

It is this quality of faith which in future research plans, will be used as a fulcrum for quality improvement and a guarantee that the dhikr meditation to be carried out has a high spiritual weight. How to plant, grow, maintain, care for, and maintain one's faith, so that it can thrive and develop well, then in theory it can be done by increasing the quality of the spirituality of dzikir/remembering a servant, what is done is good and right, of high value/ weighty, and right on target, if the goal is correct, it is only as a form of obedience and love for God Almighty and His Messenger so that it is always well maintained to obtain His pleasure only [1]

A good and correct level of dzikir is one that can always be maintained from time to time, so it will come to a form of acquisition, namely the sweetness of faith / the deliciousness of faith, as an indicator of the level of quality of people who have fear of God Almighty. Being able to feel the sweetness of Faith can be interpreted as having obtained the quality of psychological happiness which has an impact on the body being healthy and fit, the nervous and hormonal coordination system running well. Therefore, through good and correct efforts to practice spirituality of dhikr, it will be able to have a big and great impact, to improve and even maintain and improve the quality of one's body's cell immune system, as well as an embodiment of maintaining Faith and its improvement in the implementation of research and so on, even though outside research can continued and improved [13].

What kind of instructional or learning model is suitable to be used in teaching the concept of cell health, the immune system and the spiritual practice of dzikir "Hening Cipto Meditation", because the basis is practice, the learning must also be practiced, by doing it your self based on direct experience learning theory. (*The experiential learning*) therefore theory and practice must be carried out independently based on the guidance of expert teachers/practitioners in the field. The instructional learning model was born from a study of the socio-cultural aspects of the East Java community "Gerbang Kerta Negara Susila (Gresik, Bangkalan, Tuban, Bojonegoro, Mojokerto, Surabaya, Sidoarjo and Lamongan)" also known as the Laku Bonex (*Based On Experience*) model with 5N+1G syntax (Niat, Niteni, Niroake/Ngalakoni, Nambahi, and Nerusaki + Gotong Royong). The model is suitable for combining learning the concept of cell health and efforts to get healthy cells, by carrying out the efforts being tested in this case is the chosen spiritual practice, namely "silence meditation / prayer daim", for the purpose of

achieving a good impact on the immune system. body cells.

In this study, the problem can be formulated as follows: How is the Effect of Cell Health Learning, Based on Dzikrulloh's Spiritual Practice "Cipto Silent Metaphysics Meditation/Daim Prayer" in Building a Strong Body Immune System, to Prevent Attacks and Transmission of Pathogens (Virus)?

METHOD

A. Type of Research

From the aspect of objectives and treatment, this research includes a quasi-experimental/quasi-experimental research. This type of research is an applied learning research, namely the application of the Laku Bonex 5N+1G model cell learning or it can be more operationally called the Neng Ning, Nung, Nang, Gong (4N1G) Learning Method in the Cell Level Life course to improve the health of the body's cells from aspects of a strong immune system. The research method used in this research is descriptive quantitative and qualitative research. Quantitative descriptive research is intended to find out the general description of the implementation of Laku Bonex 5N+1G learning seen from the planning, implementation and evaluation of learning, to knowledge about the concept of body cell health and the ability to practice "Cipto Silent Metaphysics Meditation" and the response of the immune system. Quantitative meaning again to the meaning of qualitative.

B. Research Target

The target of this research is students of the Department of Science who take the Cell Level Life course. The subjects in this study were students who took the Cell Level Life course, in the Odd Semester of the 2020/2021 academic year, Department of Science, FMIPA Unesa, Classes of 2018 A, B and U. As respondents in this study were all students of the 2018 Undergraduate Study Program, Science Education, Faculty of Mathematics and Natural Sciences. State University of Surabaya as many as 90 people.

C. Research Design

The design of this research is The One Shot Case Study Design which has post test scores after being given treatment (posttest). The design of this research can be described as follows:

X O

Information :

X = given treatment

O = Observation dependent variable

X = Cipto Silent Meditation Treatment, on the Application of Bonex 5N/4N 1G Learning for the Cell Level Life course Topic Cell Health and Immune System

D. Research Instruments

The research instruments used in this study are:

1. Learning implementation observation sheet. This sheet is used to observe the implementation of the applied learning. The implementation of the observed learning is in accordance with the instruments that have been made previously by adjusting to the learning devices and media applied.
2. THB Conceptual Knowledge Test Sheet Sheets containing questions that are used to measure student learning outcomes with the use of models in the learning process of Cell-Level Life.
3. Meditation Skills Assessment Sheet The Meditation Skills Assessment Sheet is used to measure the extent to which you understand the observance of the meditation procedure and the results obtained
4. Mental Attitude Health Questionnaire, Body Cell Health, and Student Happiness Scale This sheet aims to obtain responses from students regarding the application of the Bonex 5N+1G model in teaching Cell Health Topics in the Cell Level Life course.

E. Data Collection Techniques

The process of collecting data through literature study, observation, tests, laboratory examinations and photo documentation of activities

1. Observation Method

Observation is used to observe the implementation of the applied learning. The implementation of the observed learning is in accordance with the instruments that have been made previously by adjusting the learning devices and learning media that are applied.

2. Test method

The test is used to measure learning outcomes in terms of the concept of student knowledge. There are two tests used, namely pre-test which is conducted at the beginning of learning and then post-test which is carried out at the end of learning to determine knowledge of student cell health concepts.

3. Questionnaire Method

The questionnaire referred to in this study is a list of questions in the form of implementation observation sheets and student response sheets to the application of the Laku Bonex 5N+1G model in the Cell Level Life course.

F. Data Analysis Techniques

1. Analysis of Learning Implementation The learning implementation data is used to determine the implementation of learning during the application of the Laku Bonex 5N model in the Cell Level Life course. To analyze the data on the results of the implementation of learning, the following formula can be used: Furthermore, the results of the percentage of learning implementation are converted into the interpretation of the scale as follows:

Table 1. Interpretation of Learning Implementation Assessment Criteria

Percentage	Criteria
0,0% - 20,0%	Not good
21,0% - 40,0%	Deficient
41,0% - 60,0%	Quite Good
61,0% - 80,0%	Good
81,0% - 100,0%	Very Good

(Riduwan, 2010)

2. Complete Analysis of Learning Results Mastery of Concepts and Silent Meditation Skills Cipto Mastery Student Concept Mastery Learning Outcomes Data, is used to measure the achievement of student learning outcomes during the learning process. The data were obtained based on the post-test scores. Then do the conversion Conversion value

Table 2. Conversion Value

NA Interval (out of 100)	Grade Point	Letter Grade
85 ≤ NA ≤ 100	4.00	A
80 ≤ NA < 85	3.75	A-
75 ≤ NA < 80	3.50	B+
70 ≤ NA < 75	3.00	B
65 ≤ NA < 70	2.75	B-
60 ≤ NA < 65	2.50	C+
55 ≤ NA < 60	2.00	C
40 ≤ NA < 55	1.00	D
0 ≤ NA < 40	0	E

3. Analysis of Cipto's Silent Meditation skills as measured qualitatively from an open questionnaire about the practice of meditation, using qualitative assessment criteria that were nominated and interpreted again
4. Questionnaire Analysis, Mental Attitude Health, Body Cell Health and Student Happiness Scale Student response data can be used to determine student responses to the application of Cell-Level Life learning. To analyze the data from the questionnaire responses, students can use descriptive quantitative analysis. The analysis was carried out by distributing response questionnaires to

students. Then, the questionnaire was analyzed based on the criteria listed on the Guttman scale in the following table:

Table 3. Student Happiness Scale Criteria

Criteria	Score
Very Suitable	5
Suitable	4
Less Suitable	3
Not Appropriate	2
Very Inappropriate	1

(Sugiyono, 2016)

RESULTS AND DISCUSSION

RESULTS

1. Implementation of Learning

From the P-1 Meeting (Structure and Function of Cells), the P-2 Meeting (Cell Health Concept), the P-3 Meeting (Body Immune System) and Up to P-4 (The Concept of Spiritual Practice of Dzikrulloh-Cipto Silent Meditation). From the implementation of the learning carried out, it has fulfilled the planned syntax, and obtained an assessment score of mean P1 3, mean P2 3 and 4, mean P3 4., mean P4 4, so mean P1-P4 = 4, it can be interpreted that the dominant value of mean 4 is 3 meeting, then the learning carried out has met the appropriate, systematic and proficient criteria in applying the existing syntax. Why this can be obtained is because researchers consistently adhere to the principles in implementing syntax and understanding the content of the topics being taught.

2. Complete Mastery of Learning Outcome Test

Concepts From the Knowledge/Cognitive Learning Outcomes Test, the following results were obtained: From the Mastery of Concept Mastery of the Learning Outcomes Test, students from 3 classes PSA 18, PSB 18 PSU 18, with 4 Study Topics (Cell Structure and Function, Cell Health Concepts, The Body's Immune System, Cipto Silent Meditation) can be fully achieved both Individually and Classically. Of the number of students as many as 90, obtaining completeness of 95, 56% completed (T) and 4, 44% of students did not complete / TT, it can be interpreted that learning is successful in order to obtain mastery of mastery of concepts well, and why can such results be obtained, because The researcher puts forward the principle of being effective and efficient in delivering learning topics according to the characteristics of the topic, the learning model, and the students themselves.

3. Cipto's Silent Meditation Skills

From the Cipto Silent Meditation Skills Assessment, it can be seen from the ability to rewrite the meditation procedures carried out and diaries during the meditation activity program. From the data on the level of meditation skills obtained by students, it shows that the rewraiting value of a minimum of 78 and a maximum value of 100, while the daily notes obtained a minimum of 80 and a maximum of 100. From the data on the level of meditation skills obtained by students, the rewraiting value of a minimum of 78 and a maximum value of 100 can be interpreted based on the criteria the assessment that students have understood the procedures and practice of meditation from the aspect of good procedures and understand the benefits that will be obtained when doing meditation according to the procedure and consistently, while the daily records get a minimum of 80 and a maximum of 100 can be interpreted that students during the meditation practice program for 3 weeks in the duration of the research has felt, found personal experience, has sincerity of intention, maintained consistency, renews intentions / organizes intentions, always learns and introspectives and continues to be istiqomah and commitment, in understanding, undergoing important The importance of meditation as a medium/means to improve the health of mental attitudes and the health of body cells and the happiness of the soul of each individual.

4. Questionnaire/ Response

From the questionnaire response data on Mental Attitude Health (KSM) and Body Cell Health (KST), Happiness Scale (SK) and open questionnaire, the following data are obtained:

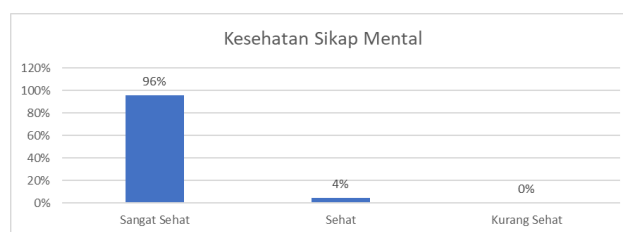


Figure 1. Mental Attitude Health Chart/MAH

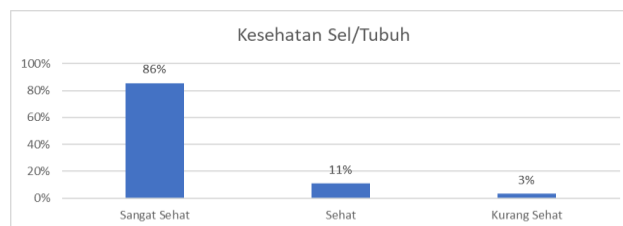


Figure 2. Body Cell Health Chart/ BCH



Figure 3. Happiness Scale Chart /HS

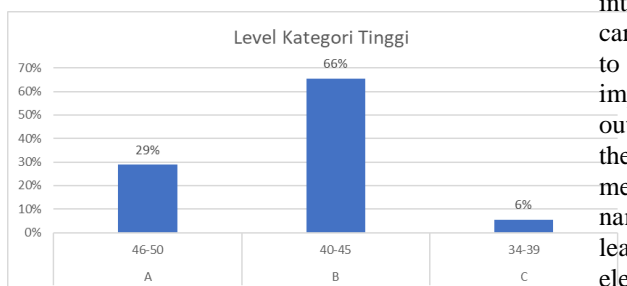


Figure 4. Happiness Scale High Level Chart

From the data 4 graphs of the results of the questionnaire/Quisoner response analysis given showing the results of High Mental Attitude/KSM Health of 96%, it can be interpreted that the student's KSM condition during after undergoing the silent meditation practice of cipto shows that it is very healthy, as a result of the benefits obtained from results of meditation to stabilize KSM maximally. High Cell/Body Health (KST) of 86% can be interpreted that the student's KST condition during after undergoing the silent meditation practice shows that they are very healthy, as a result of the benefits obtained from meditation to stabilize KST optimally and the Happiness Scale Index is included in the high category (above 34, 4) with level A between 46-50 by 29%, Level B between 40-45 by 66% and C between 34-39 by 6%, it can be interpreted that students after practicing meditation get better mental happiness. good in the high category.

DISCUSSION

1. Implementation of Learning

From the implementation of the learning that has been carried out has fulfilled the planned syntax, and obtaining an assessment score of mode 4 can be interpreted that the learning carried out has met the appropriate, systematic and proficient criteria in applying the existing syntax. Why this can be obtained is because researchers consistently adhere to the principles in implementing syntax and understanding the content of the topics being taught. In the theory of learning and teaching, there are three 3 things that must be ensured to be fulfilled in learning, namely: first, students are really motivated in

learning so that moderate and existing conditions in learning occur; second; there is a learning experience gained and third; there are further stages as future learning that can be achieved or achieved as a challenge by each individual student / learner. These 3 things are present in learning so that the learning syntax that is carried out can be carried out in harmony, as the conditions for learning in the classroom in the 5N+1G model that are declared to be fulfilled, namely, the intention/choice has been built, the niteni is carried out, imitating/doing own practice, learning to add as an adjustment suitable self-implementation and continues to be consistent outside of learning is carried out. In addition to these conditions, other supporting conditions are met so that learning can be carried out well, namely there are 2 other things that are applied in learning: a) First there is conformity with the elements of leadership theory exemplified by Rosululloh SAW, namely Siddiq, Amanah, Tablig Fatonah / SATF , can be trusted for what is taught, share experiences/care, leverage critical and creative mind intelligence and positive emotional / empathy). b) Second, in learning to apply Ki Hajar Dewantoro's educational theory with his amongngemong system (Asah, Asih, Asuh), that every child is born with a unique potential.

2. Complete Mastery of Concepts

Completion of Concept Mastery from Learning Outcomes Test, students from 3 classes with 4 Study Topics (Cell Structure and Function, Cell Health Concepts, Body Immune System, Cipto Silent Meditation) can be achieved maximally both Individually and Classically. Why can this result be obtained, because the researcher prioritizes the principle of being effective and efficient in delivering learning topics according to the characteristics of the topic, learning model, and the needs of the character of the students themselves. There are two things how a student or student can understand and or master a concept that is conveyed, namely external factors and internal factors. External factors of learning have been carried out according to the model and are flexible to the needs of students in learning, while internal factors of students have good individual capacities in intellectual and motivation, in this case is the satisfaction of what they want to know, obtain and assess related to what learning outcomes are achieved. have been studied.

3. Cipto's Silent Meditation Skills

The silent metaphysics meditation skill, in most students is considered as something new in that they know, understand and practice it, even though these skills are actually natural in everyone's life even though it has not been

recognized as a meditative activity. Two reasons how students can implement the recommended meditation skills are: 1) that the guided and recommended Meditation skills are delivered in a concise, clear and effective manner 2) that students follow the recommended meditation skills taught by Bandura modeling theory, that the teacher or researcher have practiced personally and what is taught are things that researchers have experienced themselves, and feel the benefits so that they know various aspects of the disadvantages/dangers of negative impacts that may arise and their advantages

4. Questionnaire

Response From the data 4 graphs of the results of the Questionnaire/Questionnaire response analysis given showing the results of High Mental Attitude/KSM Health, maximum Cell/Body Health (KST) and Happiness Scale Index are in the high category with level A it can be interpreted that students after practicing meditation obtain the benefits of mental health and body cell health as well as good mental happiness in the high category. In research on the internet page <https://www.researchgate.net/publication/329758618>, in the book THE SPIRITUAL BENEFITS OF MEDITATION it is stated: "Evidence-based Benefits of Meditation. Despite some recent detractors (Van Dam et al., 2018), the general consensus is that there is a significant and reliable body of evidence that meditation has broadly beneficial effects for practitioners (Hofmann et al., 2011).

CONCLUSION AND RECOMMENDATION

A. Conclusion

From the application of learning based on spiritual practice of dhikrullah, silent meditation, cipto, to teach the topic of Cell Health in the Cell-Level Life course, the data obtained from the research are as follows:

- 1) Implementation The learning carried out has fulfilled the planned syntax, and obtained an assessment score of mean P1 3, mean P2 3 and 4, mean P3 4., mean P4 4, so mean P1-P4 = 4.
- 2) Complete Mastery of Concepts from the Learning Outcomes Test from 3 classes PSA 18, PSB 18 PSU 18, with 4 Study Topics (Cell Structure and Function, Cell Health Concepts, Body Immune System, Cipto Silent Meditation) can be achieved maximally both individually and Classical. From the number of students as many as 90, obtained completeness of 95, 56% completed (T) and 4, 44% students did not complete / TT.
- 3) Cipto Silent Meditation Skills, can be practiced well according to the recommended

instructions and procedures, from data re-writing the meditation procedure recommended by the researcher and diarrhea/progress diaries, from meditation programs that are carried out personally. From the data on the level of meditation skills obtained by students, the minimum score for rewrighting is 78 and the maximum score is 100, while the daily notes get a minimum of 80 and a maximum of 100.

- 4) The response to the Questionnaire/Questionnaire given shows the results of High Mental Attitude/KSM Health of 96%, High Cell/Body Health (KST) of 86% and the Happiness Scale Index is in the high category (above 34, 4) with level A between 46-50 by 29%, Level B between 40-45 by 66% and C between 34-39 by 6%.

From the 4 research data above, it is concluded that the general research results are summarized as follows: The research carried out succeeded in helping students learn and gain an understanding of the health of cells and the immune system, as well as develop their cipto silent meditation skills, to reach a higher level good mental attitude health and cell/body health, as well as good mental happiness, so the assumption is that the practice of meditation has an impact on building a strong body cell immune system, as a form of self-protection from various kinds of diseases including the Covid-19 virus.

B. Suggestions and Recommendations

From the results of the research obtained, evidence is obtained that it is effective and efficient in learning based on spiritual practice of dzikrullah silent meditation, so it is necessary to continue further research to obtain other empirical evidences of the effects of meditation related to (1) aura photos and (2) laboratory checks on hormonal levels in the body. blood as an indicator of a good/strong immune system.

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