Design for Change: Mindful Improvement Ideas

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Abstract: The purpose of writing this article is to find out the study of the Design for Change approach, to improve morals and care. The research method used is library research on a qualitative approach, data collection with documentation and analysis with content analysis. The results of this study are that Design for Change consists of four steps, namely Feel which feels the surrounding conditions, Image which imagines what will be done, Do which does what is planned, and Share which shares what has been done. Morals are formed by instinct, habituation and environment. Caring is influenced by culture, espoused values, price obtained, exclusivity and level of maturity. The conclusion from this research is that the Design for Change approach will form habits that improve awareness.
Keywords:
Akhlak; Caring; Design for Change

Abstrak: *Tujuan penulisan artikel ini adalah untuk mengetahui kajian pendekatan Design for Change, untuk memperbaiki akhlak dan kepedulian. Metode penelitian yang digunakan adalah library research pada pendekatan kualitatif, pengumpulan data dengan dokumentasi dan analisis dengan analisis konten. Hasil penelitian ini adalah Design for Change terdiri dari empat Langkah, yaitu Feel yang merasakan kondisi sekitar, Image yang membayangkan apa yang akan dilakukan, Do yang melakukan apa yang direncanakan, dan Share yang membagikan apa yang sudah dilakukan. Akhlak dibentuk oleh naluri, pembiasaan dan lingkungan. Kepedulian dipengaruhi oleh budaya, nilai yang dianut, harga yang didapat, keeksklusifan dan level kematangan. Simpulan dari penelitian ini adalah pendekatan Design for Change akan membentuk pembiasaan yang memperbaiki kepedulian.*
Kata Kunci:
Akhlak; Design for Change; Kepedulian

INTRODUCTION

Caring is an important thing in life. Throughout history, quality and human relations have been based on caring (Hasanah, 2017, p. 271). Caring will form good quality and will improve human relations. Concern is also a need for human life as a feeling that must be channeled.

Good concern can be transmitted through exemplary. Exemplary can come from parents or teachers. Exemplary from a teacher is a form of assistance to students, because exemplary is the need for students to be able to understand something (Asmani, 2011, p. 13). Exemplary is important and effective in providing education.

Exemplary is something that must be done especially by teachers because teachers are role models in schools who are expected to shape students into character, culture and morality. (Zubaedi, 2013, p. 164). The way in which teachers provide exemplary is something that needs to be studied more deeply.

Setting an example is a tough thing, and may even be ineffective in some cases. The moral crisis occurred among others due to ineffective moral education (Abudin Nata, 2003, p. 8). This causes exemplary behavior to be less effective. Differences also occur in the eyes of teachers and society, as well as parents. In the eyes of parents and teachers, these students are moral and ethical, but in their environment they create problems.

Another problem faced in terms of awareness is the increasing interest of students in online games. During the covid period in 2020 online game users increased 75% during peak hours ("Online Game Users Increase 75 Percent During Corona," 2020). At present the condition due to covid has improved, only bad habits due to this covid must be eliminated so that it does not continue.

The problem of caring needs to be addressed. Problems in the world of education need to be addressed by all groups, especially educational institutions. (Ginanjar, 2016, p. 117). The thing that is dangerous in the loss of concern is the lack of interaction among students. Lack of interaction among students or other family members will reduce communication, social relations, mutual help, loyal friends, antipathy and sympathy, giving, receiving, and so on. (Zulkifli, 2006, p. 45).

Research related to this includes increasing awareness through extracurricular activities (Muhamadi & Hasanah, 2019), health care (Rizqah et al., 2019); raising awareness through 7S program studies whose results are still not optimal (Rodziyah et al., 2016); measurement of concern is influenced by the teacher's attitude (Busyaeri & Muharom, 2016); and implementation of character education (Tukidi & Himmah, Faiqotul, 2019).

The novelty of this research lies in the research object which examines the concerns of students which are part of morality, as well as treatments that can be used to increase awareness, namely the Design for Change (DfC) approach. The purpose of this research is to find out about the Design for Change approach to improving morals and caring.

RESEARCH METHOD

The approach in this study uses a qualitative approach. This research method uses the library research method. Data collection techniques in this study are using documentation. The data analysis technique in this study is to use content analysis.

RESEARCH RESULT AND DISCUSSION

Design for Change (DfC)

The Design for Change approach is an approach that focuses on how to make students more concerned about the environment around them. This environment is not only in terms of academics, but also in terms of social, religious and so forth. This approach is a design that is prepared to make a change. This Design for Change can make students more enthusiastic, have character, learn, have compassion, have creativity to create content, and do good (Khushu, 2021).

The application of this approach is felt to be able to make students bring big changes to themselves and their environment. Parents and teachers must convey great enthusiasm and ensure that every student can and is capable of making changes through ideas that are expressed in the right way and are beneficial to others. The skills developed can make students more creative and caring individuals (Fitroh et al., 2019). This is an important part of the educational process, namely forming students into individuals who care about their knowledge capital.

The steps taken in this approach are through four steps, namely FIDS (Feel, Image, Do, Share) (Rahayu, 2015). These four steps need to be owned and passed so that students can apply this Design for Change.

Feel

This step invites students to look at the conditions around them and try to understand what other people are feeling. This is done so that students are able to be sensitive in feeling the conditions of other people and the surrounding environment. The stages carried out in this step are a) observation, asking students to observe their surroundings; b) choose one focus of the problem that you want to change from the observations; c) involved, interviewing people who are involved or affected by the problem.

Image

This step invites students to imagine and collect many ideas that they feel can solve the problem. An imagined solution is a unique and interesting solution to solve the problem. At this step, don't be limited to the ideas that appear, because amazing ideas will be more interesting to try. Parents and teachers need to help explore and collect as many ideas as they can.

Do

This step invites students to carry out ideas that have been imagined. Of course the idea that is implemented is the idea that is most likely to be implemented. There are stages that need to be passed in this step, namely a) planning the idea to be implemented; b) implementing planned ideas,

parents and teachers need to provide support so that students can do it; c) reflect on what has been done by taking lessons from what has been learned.

Share

This final step invites students to share their experiences or what they have done with others. In this step students are asked to focus on F.A.C.T.S. a) Feeling, namely describing the feelings of himself and others when making changes; b) Action, recording the actions of oneself and friends when making changes; c) Change & Transformations, asking students to record quotations that can make other people change (Fitroh et al., 2019).

These four steps are steps that can be taken to implement the Design for Change approach. This approach is felt to be able to provide changes to the concerns of students.

Morals

Definition of Morals

Akhlak comes from Arabic, which is the plural form of the word "khuluqun". The meaning of the word khuluqun is character, behavior, manners, action, adab, courtesy (Zamroni, 2017). Morals can also be seen from the meaning of the word khalaqa, which is to create. This word is closely related to the word khalik which means creator, and creature which means creation (Saebani & Hamid, 2017).

According to Imam al-Ghazali, morality is an inner trait, or a trait embedded in the soul that gives rise to easy actions without someone having to think and weigh what to do, these actions are good according to Islamic norms and rules (Ilyas, 2011).

Meanwhile, according to Abdul Karim Zaidan, morals are values or traits embedded in the soul, which function to see whether an action is good or bad, so that one can choose between leaving or doing it (Ilyas, 2011).

Morals according to Islam is the level after the pillars of faith and worship. A person's morals are very important in muamalah, how a person's attitude gets along with other individuals or in community groups (Munirah, 2017). Strengthened by the hadith of the Prophet, that one of his missions is to perfect noble character. Morals are the fruit of one's faith, so Islam pays great attention to and upholds morals and calls humanity to it, as the Prophet Muhammad said. that a believer whose faith is perfect is the one who has good morals (Bafadhol, 2017).

Morals are what distinguishes humans from other creatures, making this inseparable from human life. With morals too, humans can carry out their functions as caliphs and servants of Allah on earth in building this world with the concepts set by Allah SWT. (Setiawan, 2017).

Some explanations about morals, it can be concluded that morals are inner qualities that are embedded in a person, with which good deeds and attitudes will appear according to norms and Shari'a, without any coercion and prior consideration, being sincere in doing and sincere because they hope for the pleasure of Allah SWT.

Source of morality

The source of morality is the Al-Quran and Sunnah which are good and bad or noble and reprehensible, not the common sense or views of society (Ilyas, 2011). Allah SWT. said in the letter Al Ahzab verse 21:

لَقَدْ كَانَ لَكُمْ فِي رَسُوْلِ اللّٰهِ اُسْوَةٌ حَسَنَةٌ لِّمَنْ كَانَ يَرْجُوا اللّٰهَ وَالْيَوْمَ الْاٰخِرَ وَذَكَرَ اللّٰهَ كَثِيْرًاۗ

> "Indeed, in (self) the Messenger of Allah there is really a good role model for you, (namely) for those who hope (grace) Allah and (the arrival of) the Day of Judgment and who remember Allah a lot." (Q.S. Al-Ahzab: 21)

The verse above has been described in Jalalain's interpretation that the behavior of the Prophet Muhammad SAW and his character in everyday life is an example for mankind, such as in terms of war and his determination and patience, each of which is applied to its place (Ilyas, 2011).

Furthermore, the second source of Islamic teachings is sunnah. Sunnah refers to the attitude, actions, speech, and way of the Prophet in living life (Abubakar, 2015). As the words of the Prophet Muhammad saw:

اِنَّمَا بُعِثْتُ لِاُتَمِّمَا مَكَارِمَ الْأَخْلَاَ قِ

"Indeed I was sent to perfect good morals"(Al-Bukhary, 2005).

This hadith shows that one of the reasons Rasulullah SAW was sent was to perfect good morals, by imitating his life journey. So that it can be said that morality is very important for a person, especially Muslims.

Kinds of Morals

Based on its nature, morals can be divided into two, namely commendable morals and despicable morals (Mustofa & Kurniasari, 2020). Commendable morals is one of the goals in Islam, so that Allah SWT. said in the Al Quran letter Al Ahzab verse 21 as mentioned above, that one must make the Prophet Muhammad as a role model in morality. Examples of praying to Allah SWT. in a soft voice, praying when hearing the name Rasulullah Swt., being friendly to parents and teachers, getting along with friends well, protecting the environment and nature around us (Mustofa & Kurniasari, 2020). Disgraceful morals far from Islamic teachings that cause hatred of Allah SWT. to his creatures. Such as disobedience to Allah SWT, speaking harshly to parents, disturbing neighbors or friends, damaging the environment and the natural surroundings (Mustofa & Kurniasari, 2020).

Moral Scope

The scope of morality is very broad because it covers all human

behavior, starting from attitudes, words and conscience. While the scope of morality includes:

Human Morals towards Allah SWT.

Allah SWT. who created everything including humans with all their needs should be worshiped and glorified. Morals towards Allah SWT. is the entire behavior, words and conscience in worshiping and glorifying the Creator, such as in monotheism of Him, remembrance, prayer, giving thanks for His blessings, obedience to His commands and prohibitions, and the totality of worshiping Him (Nurhayati, 2014).

Human Morals to Humans

In the Al-Qur'an there are many verses that explain the relationship between humans and other humans, including:

1) Morals towards Rasulullah SAW. Love with all your heart by following all of his sunnah, praying to him and making him a role model in morality.

2) Morals towards parents by loving them, speaking gently, helping them, not making it difficult and making them proud.

3) Morals towards teachers, respect, follow good advice, because teachers who teach and educate, also become substitutes for our parents at school.

4) Morals towards oneself by maintaining one's good name, maintaining self-purity such as dressing appropriately, covering one's genitals, adorning oneself with good attitude, honesty, trustworthiness, forgiveness and other good qualities.

5) Morals towards society, because humans need help from other people, it is necessary to work together, help each other, respect each other. (Nurhayati, 2014).

Human Morals towards Nature

Nature is all that is in the heavens, on earth, including plants, animals, and what they contain. Humans as caliphs on earth should be moral towards nature in preserving it from damage by irresponsible hands. Don't let humans destroy the environment and the surrounding nature because it will have an impact back on humans such as landslides due to deforestation, floods due to throwing garbage into rivers and so on. (Nurhayati, 2014).

Definition of Moral Formation

According to Abuddin Nata, moral formation is an effort made by parents or educators to seriously shape the character and personality of children through guidance, coaching and education using programs that have been planned and consistent (Abuddin Nata, 2013). Meanwhile, according to Arimba quoted by Hasan, the formation of morals is identical

with the goal of Islamic education, namely to become a servant of Allah who surrenders himself to Allah by being Muslim (Hasan, 2019; Nurulhaq et al., 2019).

The two opinions above, the researcher concludes that the formation of morals is an effort that is carried out in earnest in shaping children's behavior using guidance, training and coaching in a consistent and planned manner.

The Purpose of Forming Morals

There are two main objectives in the formation of morals, namely a) To become a human being with noble character based on the rules in the Qur'an and hadith; b) Being a pious human being, in the sense of trying to carry out orders and stay away from what is prohibited by Allah SWT, thus leading him to get happiness in the world and the hereafter (Fitriyah, 2017; Nurulhaq et al., 2021).

Factors Influencing the Formation of Morals

Every human action is based on his will. The following are the factors that determine the birth of will in a person:

Instinct

Instinct is an original innate or innate nature and personality that functions as a driving force for someone to take action. Instinct requires coaching, education, training in order to act in the moral corridor (Wibowo, 2017).

Habituation

One of the main factors in the formation of morals is habituation that is applied to foster children continuously since childhood. For example, from an early age children are accustomed to greeting when entering the house, so that they will carry this good habit into adulthood (Abuddin Nata, 2013).

Environment

The environment influences a person's morals, divided into three main environments, namely the family environment, school environment and community environment. In it humans interact with each other. The environment is family, school and community.

1) The family is a group of people who are related by blood, so that it becomes the first environment for the child, and becomes the foundation for the formation of the child's character.

2) School, is a formal educational institution under the supervision of a teacher who educates, teaches, fosters, assists not only in academic matters but also in children's morals. At school there are also classmates who influence children's morals, so it is very important to choose friends who have good morals.

3) Society, what is meant here is the people who are around the child, so that the interaction between them can affect the child's morals. Like peers in games that affect him. If his friend has good morals, it will have a good influence on the child's behavior. Conversely, if you have friends who have despicable morals, the child tends to have despicable morals as well (Yusuf, 2010).

Concern

Definition of caring

According to the complete Indonesian dictionary, the word caring comes from the word caring. Caring means paying attention, ignoring, paying attention (KBBI Daring, 2022). 1 The word caring has various meanings. Much literature classifies them based on the person who cares, the person who is cared for and so on. Therefore concern concerns duties, roles, and relationships.

Concern or caring can be interpreted as a form of contribution or giving assistance to many people and people in need (Daryanto & Darmiatun, 2013, p. 71). Empathy will arise when we start our curiosity about other people and their experiences. Then that empathy will be manifested into action. Caring is based on a full desire to bond with others and to meet their needs. However, the best way to understand what caring is is to see how it is practiced.

According to Bender that caring is making ourselves related to other people and whatever happens to that person. Therefore, people who prioritize the needs and feelings of others rather than their own interests are people who care (Tabi'in, 2017). Caring people don't hurt other people's feelings. They always try to appreciate, do good, and make others happy. Many values are part of caring, such as kindness, generosity, caring, helping, and compassion. Caring is also not a thing to do because you expect something in return.

Hana Rizkia Aditia, defines caring in another sense, caring as a feeling that indicates a relationship where we question the presence of other people, there is also a relationship of devotion, even willing to suffer for the sake of others. Dedication, mattering, and concern are important elements in caring. Caring starts with feelings, but that doesn't mean it's just feelings. Concern drives behavior to emerge as a manifestation of these feelings (Aditia et al., 2016). When something happens, we are willing to give energy, so that something good and positive happens to the people we care about. Caring or caring is asking feelings to change into behavior. These behaviors and feelings are of course based on thoughts. The feeling of caring is not thoughtless, but on the contrary it is also based on consideration.

According to Darmiyati Zuchdi who explained that caring is an attitude and action that always wants to provide assistance to someone, especially to those closest to them (Zuchdi, 2011). According to Tronto in Muzayyin Arifin, that caring is related to personal, emotional and need to define caring

as achieving something outside of oneself. Caring is also often associated with warmth, positivity, full of meaning, and relationships (Arifin, 2009).

Swanson in Muhibbin Syah defines caring as a way to maintain relationships with other people, where other people feel personal commitment and responsibility. So important is Noddings in Muhibbin Syah mentions that when we care about other people, then we will respond positively to what is needed by others and express it into action (Muhibbin, 2010). Based on the description above, it can be concluded that caring is a way of maintaining relationships with other people that starts with feelings and is shown by actions such as caring for others, compassion, and helping.

Caring Dimension

This concern is also part of the Republic of Indonesia Presidential Regulation Number 87 of 2017 article 3 which needs to be material for strengthening students. In this study, concern will be seen from five aspects, including: a. Please help, b. Tolerance / empathy, c. tolerance, d. Social action, e. Have a noble character (Daryanto & Darmiatun, 2013). These indicators are aspects that will be used as study material in this study.

According to Swanson in Arnita Susilaningtiyas in a journal Family Welfare and Education which classifies the dimensions of caring, namely:

a. Know
b. Also attending
c. Do
d. It's possible
e. Maintain faith (Susilaningtyas, 2016)

Based on the above, it can be explained that in the dimension of knowing, it means trying hard to understand events that have meaning in the lives of other people. In this aspect, avoiding assumptions about events experienced by other people is very important, focusing on the needs of others, conducting in-depth assessments, looking for verbal and non-verbal cues, and engaging in both cues.

The dimension of being present requires emotional presence by conveying availability, sharing feelings, and monitoring whether other people are bothered or not by the emotions given. The dimension of doing is doing something for others, such as doing it for oneself, whenever possible, such as comforting, protecting, and prioritizing, such as performing tasks with skill and ability while maintaining dignity.

The enabling dimension is facilitating life's journey and unusual events that are owned by others by providing information, providing explanations, providing support, focusing on appropriate attention, and providing alternatives, while the dimension of maintaining confidence is supporting other people's beliefs in their ability to experience events or transitional period in his life and face the future with meaning. The goal is to enable

others to interpret and maintain a hopeful attitude.

Caring Goals

According to Leininger in Hana Rizkia Aditia that concern can be shown by looking at the purpose of the concern. The first purpose of caring is to facilitate the achievement of self-actualization in one another. Reaching your full potential is the most important goal in life. Some of us keep trying to achieve the achievements we want to achieve (Aditia et al., 2016). Achievement does not only mean that we can produce the best book, for example, being the President of a company, chief of staff and so on. Achievement means developing abilities, the ability to fully know and experience human being, the ability to be patient, do good, compassion, love, and trust, and the ability to exercise hidden physical abilities, insight, imagination and creativity.

Then Leininger in Hana Rizkia Aditia explains that in essence, achievement is the ability to fulfill ambitions, goals and dreams, so that you get satisfaction with life and progress, and finally become a human with full potential. The next goal is to improve one's attention, condition, experience, and being, then to continue the relationship with care, and express feelings about the relationship (Aditia et al., 2016).

However, not only from achievement but concern can be manifested through a high attitude of tolerance and social care which is expected to be a way out for the process of improvement in a person or society in general (Sari, 2014). Based on this, the caring attitude aims to increase one's proactive attitude towards surrounding conditions or circumstances and involve oneself in problems, circumstances or conditions that occur around us.

Factors Influencing Concern

Caring is a universal phenomenon, which is a feeling that naturally evokes certain thoughts and encourages certain behaviors in all cultures in the world. It could be that everyone experiences similar feelings when caring for others. However concern is thought about and manifested in the form of behavior, concern is influenced by cultural conditions and other variables including socioeconomic conditions play a role even though it is relatively small (Abdulsyani, 2009). According to Leininger in Sandhi Amalantu Zaedun that the experience of feelings of caring (when it reaches the level of feelings and behavior) through a process of interpretation of language and actions which are symbols and embodiments of feelings that can only be expressed socially (Zaedun, 2012). The factors that influence concern as follows:

a. Culture influences how this concern is expressed and translated into action.

b. The values held by individuals influence the decision-making process for a person, such as how to set priorities, manage finances, time and energy

c. What price we get when we are willing to give time, effort, even

money, must match the value of our relationships with other people

      d. The next factor is exclusivity. In a relationship, this can be experienced. If this continues to happen, then this factor will have a negative influence and therefore it is no longer a form of caring

      e. The level of maturity of a person's concern in a caring relationship can influence the quality and type of the caring relationship (Zaedun, 2012).

      Based on this, culture controls how the action or actions are realized. Social acceptance and social expectations also influence how care is given in a given place. Motivation also influences concern in the sense that the aims and objectives also depend on the values espoused. Genuine caring will not make the time, money, and effort we are willing to give go to waste or be unwise. In order to achieve a very important goal (for example, to save lives), a person who cares may injure himself. But if it leads to something that is dangerous, of course it is not a form of concern. Then the factor of the need for the human condition such as to grow, stimulate, care for, but for an exclusive relationship, this will not be given also has an influence on caring and caring requires unity from caring which is complemented by the integrity of one's personality.

CONCLUSION

Based on the description above, it can be concluded that the approach that can be used to improve morals and care is the Design for Change approach. This approach consists of four steps, namely Feel which feels the surrounding conditions, Image which imagines what will be done, Do which does what is planned, and Share which shares what has been done. Morals are formed by instinct, habituation and environment. Caring is influenced by culture, espoused values, price obtained, exclusivity and level of maturity. Factors that affect morals and care can be improved and enhanced through the Design for Change approach.

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