

The Influence of Reading Qur'an to Youth Mental and Soul in Medan (Case Study of Students in State Institute for Islamic Studies, Sumut)

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Abstract: This study discusses the influence of reading Qur'an against youth mental and peaceful of soul in the city of Medan (case study of student in State Institute for Islamic University, Sumut). This study is motivated by reading the Quran that affects youth mental tranquility. In reading Quran, an incentive or motivation is different. This study is intended to answer the problem: (1) how does read Al- Qur'an by youth in Medan? (2) How does the peace of soul of the youth in the city of Medan? (3) is there any effect of reading Quran for the soul of the youth in the city of Medan? The issues is addressed through field studies conducted at the State Institute for Islamic Study of North Sumatra. Based on the results of a calculation using validity and product moment correlation analysis, it is found that the value of the count r in $r_{xy} = 0.450$. r_{xy} (at range from 0.41 to 0.70), which means between x and y variables are correlations medium or adequate.

keywords: Al Qur'an; outh mental; peaceful of soul; influence

I. Introduction

The Quran is the holy book of god revealed to the Prophet Muhammad. Quran is the primary source of Islamic teachings as a guidance for human life, and grace for the whole universe. It collected the divine revelation instructions, guidelines and lessons for students to learn and practice it. Al- Qur'an is the last scripture revealed by god. It covers all the main points contained in the shari'ah scriptures revealed before. Therefore, everyone who studied the Qur'an, will grow love him, love to read, to study it and understand it and to put it into practice. Read and hear the Quran is the worship. For that, we have to get used to read the Qur'an properly, smoothly, fluent, and memorize it. Memorize the Qur'an is especially important to read the prayers.

Al- Qur'an is not just an advisory about the human relationship with god, but also regulate human relationships with others (*hablum minallah wa hablum minan-naas*), even the relationship between humans and the natural surroundings. To understand the teachings of Islam are perfectly (*kaffah*), then the first step that must be done is to understand the content of the Quran, and practice it in everyday life as well as earnest and consistent. As it is known, the Quran is revealed in arabic, both lafadz and *ushlub*. It contains language that is rich in vocabulary and letter content. Although the Qur'an in arabic, does not mean that all Arabs or those who are proficient in arabic, can understand the Quran in detail.

Qur'an is revealed Allah to mankind for guidance and salvation in this world and hereafter. It is explained by Allah in the Qur'an surat Al-Isra 'verse 9:

إن هذا القرآن يهدي للتي هي أقوم ويبشر المؤمنين الذين يعملون الصالحات أن لهم أجرا كبيرا

Meaning: "Verily this Qur'an gives guidance to the (road) is more excited straight and give *khobar mu'min* to people who do good deeds that for them there is great reward."

Quran is "*qara'a*," means: "he had read," then this word means "read." the purpose called Quran is that he be read or always read by all men, especially by adherents/followers of the Islamic religion. Quran is called "book." The word "al-kitab" according to the meaning of the arabic language is taken from the name of the work, is "*kataba*" meaning that he has written, the word means "writing." that is called al-kitab order Al- Qur'an is written or recorded by all the people, adherents or followers of Islam. Al- *Qur'anul karim* as a miracle the greatest prophet Muhammad as *fashahah* (targeting accuracy) and *balaghah* (beauty expression) of his, so that should be a source of happiness to live in the world and the hereafter. Love Quran is evidenced by the enormous attention to maintenance, since the decrease in the time of the prophet to be composed as a codex in Uthman bin 'affan. It is because of his love to the Al- Qur'an and Al- Qur'an is evidence against many of the scholars and scientists who explore its contents by arranging in various disciplines of science, such as Arabic, shari'ah, philosophy, morals, and so forth. There is nothing else that exceed the reading of the Al- Qur'an, because it has embodied all the aspects perfect. Qurran is not only learned the composition of the selection of the editorial and vocabulary, but also implies whether express, implied, even to the impression thereof. In addition, how to read the Quran Which is arranged in such a way, which should be shortened, lengthened also set ethical reading.

Man with all its potential, has been a matter of debate among scientists from various disciplines, especially among Muslim scientists experts sufism is almost an agreement that all human beings are born in a state of purity or fitrah. What is meant here is that the nature of man when born is in a state of no sin at all, even humans have a basic potential, which is obedience to god, or in other words, human beings have a tendency to interest. Thus, in Islamic tradition is not known for original sin. one of the main human needs is the need for a sense of safety and security (security feeling). safety and protection, grow and be perceived as a spiritual force with prayer or prayers performed five times a day, not to mention the other sunnah prayers. with faith in allah, meaning people will shun his prohibitions and do what he commands. in order to obtain safety / well-being both in this world and in the hereafter. believers are those who always remember allah (dzikrullahi / dhikr). by remembering the feeling of calm, safe, and protected. in carrying out the life of the world, there is no need to fear other than allah, because allah almighty always giving instructions, taufiq, as well as his guidance; so that believers always obtain his guidance and protection. the most important factor that changed a person's life become unhappy intolerable, is feeling tired and no tranquility, as well as tossing the soul of one facet of life, such as the moody, anxious that bersengatan guilt, thoughts and misgivings are pressing, etc. , then it requires help and psychiatric consultation. and this depends upon the ability to withstand the pressing atmosphere. thus, the mental characteristics of healthy people, among others, the ability to challenge the strapping shock, stress, and various obstacles, without being disturbed balance, not distracted and so forth.

Thaib Tahir Abdul Mu'in proposed definition of religion as a rule of god that encourages the soul of someone who has a sense to the will and mind of the world and the hereafter. As according to the dictionary of religion of Indonesia, Islam is the religion of taught by the Prophet Muhammad referring to the holy book of the Al- Qur'an were revealed to the world through the revelation of allah. the Quran is the book of god is filled with blessings. Al- Qur'an can be practiced to treat mental illness, liver, eliminate ignorance, misgivings and doubts in the running of shari'ah. *Amaliah* is related to the treatment of the Al- Qur'an is essentially amaliyah prophet, the companions, and *tabi'in*.

II. Method of Research

2. 1. Understanding Reading Al- Qur'an

Al- Qur'an by language, is reading or being read, the Al- Qur'an is interpreted to mean that *mashdar isim maf'ul*, namely: *maqrū*: read. etymologically Al- Qur'an means "read" or are read, comes from the word *qara'a* which means "read" by terminological Quran means the word of god revealed to the Prophet Muhammad in Arabic through the Angel Gabriel, as a miracle in preaching his apostolic life and as a guide for achieving happiness in this world and in the life hereafter. Al- Qur'an is one book that has given so broad and profound influence on the human psyche. By the muslims, Qur'an is the revelation of god. This book is used in worship either alone or together, and read together on important days or lavatory family. Al- Qur'an is the basis of religious belief, worship and law; supervising social and individual behavior. various definitions put forward by scholars about the meaning of the Quran. Experts define *usul fiqh* Al- Qur'an as the word of god containing miracle, revealed to the Prophet Muhammad *sallallahu 'alaihi wa sallam*, is written in manuscripts submitted to *mutawaatir* and reading it is worship. Al- Qur'an is revealed to mankind as a "hint" in explaining his duties as a vicegerent on earth, so that the Al- Qur'an is also called by other names al huda or book of instructions. in addition there are also a lot of guidance advice in the Al- Qur'an, as well as the so-called book of advice or *al mau'izah*. Al- Qur'an is also called with as *syifa* 'because it can serve as a healer. Quran is the holy book indispensable all mankind until the end of time later.

Quran is the Muslim holy book revealed by Allah lord of the universe to the lord great prophet and last messenger Muhammad through the Angel Qabriel, to be forwarded to the delivery of all mankind on this earth until the end of time later.

Actually, the Al- Qur'an is the holy book are maintained. God alone will guarantee its existancy, as recorded in his word in surah Al-Hijr verse 9:

إنا نحن نزلنا الذكر وإنا له لحافظون

It means: "it is we who are lowering the Al- Qur'an, and lo! we actually maintain it.

In the Al- Qur'an there is a healer of lust, greed, envy and all the temptations of satan. It is all the viruses that carry disease liver weakness, and fatigue. In the end, all the viruses that will lead to a destruction, havoc and misery. Al- Qur'an will keep the sense of any deviation, preventing it from things that are not useful, using the concept of a clean him again regularly, making its activities produktlif and maintained, and protect them from fraud. Al- Qur'an is god's definitive collection of recipes effectual if humans can use. Word of god explains that Al- Qur'an as a drug and the collection of knowledge that can be utilized in various fields, and one of them as a medicine. Allah says in the Quran surah Yunus verse 57:

يا أيها الناس قد جاءكم موعظة من ربكم وشفاء لما في الصدور وهدى ورحمة للمؤمنين

It means: "o mankind, indeed has come to the lessons from your lord and a healing for the diseases (that are) in the chest and guidance and mercy for those who believe." the danger of leaving the Quran, namely:

a. fallacy real (*dhalalun mubin*)

Al- Qur'an is god's way of life that is awarded to the prophet Muhammad and the people living clear instructions were correct.

b. Her chest felt tight (*dhayyiqun haraj*)

chest will feel cramped for people who forget the Al- Qur'an. Allah says in the Quran surah al-an'am verse 125:

فمن يرد الله أن يهديه يشرح صدره للإسلام ومن يرد أن يضله يجعل صدره ضيقاً حرجاً كأنما يصعد في السماء كذلك يجعل الله الرجس على الذين لا يؤمنون

this means: Whoever god wants will give him instructions, he surely paving his chest for the (religion) of Islam. and whoever god wants apostasy, Allah makes more narrow chest tightness, as if he is climbing the sky. So Allah defiles those who have no faith.

c. The life of this difficult (*ma'isyatun dhanka*)

Allah says in the Al- Qur'an sura taha paragraph 124:

ومن أعرض عن ذكري فإن له معيشة ضنكا ونحشره يوم القيامة أعمى

Meaning: "and whoever turns away from my reminder, verily narrow for her livelihood, and we shall raise at the last day in a state of blind."

d. Blind eyes of the heart (*umyul bashirah*)

e. The liver becomes hard (*qaswatul quloob*) heart is far from god's instructions to be hard, meaning it would be difficult to accept the truth, so that god's heart was petrified *disifati*. Allah says in the Quran surah Al-Hadid, verse 16:

ألم يأن للذين آمنوا أن تخشع قلوبهم لذكر الله وما نزل من الحق ولا يكونوا كالذين أوتوا الكتاب من قبل فآلأهم الأمد ففقت قلوبهم وكثير منهم فاسفون

This means: Has not come time for those who believe, to subject their hearts the remembrance of Allah and the truth which has been down (to them), and they must not like people who previously has been passed down the book to him, then pass, long periods on their past their hearts became hardened. and most of them are people who are wicked.

f. Friends with satan (*syuhbatusy syaithan*)

g. Forget yourself (*nisyam*) in principle god is very close to his servant. When a servant trying to approach Allah, Allah will be closer to those of his servants, often interact with Al- Qur'an, including how to draw closer to God. Allah says in the Quran surah Al-Hashr verse 19:

ولا تكونوا كالذين نسوا الله فأنساهم أنفسهم أولئك هم الفاسقون

it means: "do not be like those who forgot Allah, so he made them forget to themselves. that they are wicked people.

h. nifaq (hypocrites).

2.2 Evidence about reading Al- Qur'an

Many verses of the Al- Qur'an and the hadith of the prophet which encourage people to read and study the Al- Qur'an noble. among them is the word of God at Surah An-Nahl verse 98:

فإذا قرأت القرآن فاستعذ بالله من الشيطان الرجيم

It means: "when you read the Al- Qur'an you shall seek refuge in Allah from the accursed satan."

اقرأ باسم ربك الذي خلق

It means: "read the (call) the name of your lord who created.

إنه لقرآن كريم

Meaning: "indeed, the Al- Qur'an is read very noble."

Hadeeth about reading the Al- Qur'an.

القرآن شافع مشفع وماحل مصدق من جعله إمامه قاده إلى الجنة ومن جعله خلف ظهره ساقه إلى النار

Meaning: "Qur'an is accepted helper and defender justified, whoever it as a guide, it will lead to heaven and whoever makes it in the back, then he will be dragged to hell." (hadith narrated by Ibn Hibbaan).

(خبركم من تعلم القرآن وعلمه (رواه البخاري)

2.3 Identification of Research Variables

In a research, it is necessary to identify research variables. In this research, there are two variables involved namely:

a. The dependent variable: reading Al- Qur'an

b. The independent variable: peace of soul

Furthermore, to test the hypothesis, it will be used product moment correlation formula, "a technique of

measuring the degree of correlation between the two variables, they are data interval and ratio scale." the formula is:

$$r_{xy} = \frac{N \sum XY - (\sum X)(\sum Y)}{\sqrt{\{(N\sum X^2) - (\sum X)^2\} \{N\sum Y^2 - (\sum Y)^2\}}}$$

description:

- r_{xy} = The correlation coefficient value variable X to variable Y
- N = Number of Cases (Total Respondents Research)
- $\sum XY$ = Multiplication Total Score variable X and variable Y
- $\sum X$ = Total score of variable X
- $\sum Y$ = Total score of variable Y
- $\sum X^2$ = Sum of Squares score of variable X
- $\sum Y^2$ = Sum of Squares score of variable Y

Furthermore, to determine how much the relationship reading the Quran and its relationship with the peace of mind, Guilford used the following formula: correlation value of x and y variables:

**Table 1:
Variables**

no	amount "r"	meaning of correlation
1.	0,00-0,20	between x and y variables indeed there is a correlation, but the correlation was very weak, so the correlation is ignored (considered no correlation between variables x and y)
2.	0,21-0,40	between x and variable y variable, there is a weak and low correlation weak or low.
3.	0,41-0,70	between x and y variables, there is a correlation that is moderate or sufficient.
4.	0,71-0,90	between x and y variable, there is a strong and high correlation or high
5.	0,91-1,00	between x and y variables, there are very strong and very high correlation or

**Table . 2
Item Details Valid**

	valid item	no valid item	total
scale reading Al- Qur'an	1, 2, 3, 4, 5, 6, 7, 8, 9, 10,	-	10
soul serenity scale	11, 12, 13, 14, 15, 16, 17, 18, 19, 20	-	10
total			20

III. Discussion

The influence of reading Al- Qur'an to youth mental in Medan (case study of student in State Institute for Islamic Studies, Sumut) is to determine the level of appreciation of the reading Quran and peace of soul of the youth in the city of Medan which can be seen from the results of a questionnaire made by the author. Before the test, questionnaire on the habit of reading the Quran for the peace of soul of students prepared 20 items of questions consisting of 10 questions about reading the Al- Qur'an and 10 questions about peace of soul. The questionnaire is distributed to 100 people, each of the questions is given five-point alternative answers. The fifth alternative is different answers in each item.

The score as follows:

- alternative a is given a value of 4
- alternative b is given a value of 3
- alternative c is given a value of 2
- alternative d is given a value of 1
- alternative e is given a value of 0

Table. 3
Reliability of Reading Al- Qur'an

Reliability	n
0,535	100

Tabel. 4
Reliability of Soul Peace

Reliability	n
0,617	100

IV. Statistical Analysis

To determine the relationship of reading Quran on youth mental and peace of soul in Medan, will be used product moment correlation formula. Reading Al- Qur'an denoted by x (x = variable influencing factor), and the peace of soul given the symbol y (y = variable factors that influence). Subsequently insert variables x and y variables are added to the table preparation product moment correlation calculations are contained in appendix. based on calculations contained in the attachment, obtained the following data:

$$\begin{aligned}
 N &= 100 \\
 \Sigma X &= 2.557 \\
 \Sigma Y &= 2.669 \\
 \Sigma XY &= 69.637 \\
 \Sigma X^2 &= 68.089 \\
 \Sigma Y^2 &= 74.753
 \end{aligned}$$

The results are inserted in the calculation formula koleraso *product moment* namely:

$$\begin{aligned}
 r_{xy} &= \frac{n \Sigma xy - (\Sigma x) (\Sigma y)}{\sqrt{\{n \Sigma x^2 - (\Sigma x)^2\} \{n \Sigma y^2 - (\Sigma y)^2\}}} \\
 r_{xy} &= \frac{100 \times 69.637 - (2.557) (2.669)}{\sqrt{\{(100 \times 68.089) - (2.557)^2\} \{(100 \times 74.753) - (2.669)^2\}}} \\
 r_{xy} &= \frac{6.963.700 - 6.824.633}{\sqrt{(6.808.900 - 6.538.249)(7.475.300 - 7.123.561)}} \\
 r_{xy} &= \frac{139.067}{\sqrt{(270.651) (351.739)}} \\
 r_{xy} &= \frac{139.067}{\sqrt{95.198.512.089}} \\
 r_{xy} &= \frac{139.067}{308.542,56} \\
 r_{xy} &= \mathbf{0,450}
 \end{aligned}$$

The first step is to find the value of df (degrees of freedom), the formula is:

$$df = n - nr$$

df = degrees of freedom

n = number of cases (number of samples studied).

nr = number of variables are correlated.

$$df = 100-2$$

$$df = 98$$

Step two: after df values obtained, the next step is looking at the value of r xy df 98 predefined experts, in the following table:

Table. 5
The value of r product moment from person for various df

df	the number of variables that correlated df 2 variables							
	significant level		df	significant level		df	significant level	
	5 %	1 %		5 %	1 %		5 %	1 %
1	0,997	1,000	16	0,468	0,590	35	0,325	0,418
2	0,950	0,990	17	0,456	0,575	40	0,304	0,393
3	0,878	0,959	18	0,444	0,561	45	0,288	0,372
4	0,811	0,917	19	0,433	0,549	50	0,273	0,354
5	0,754	0,874	20	0,423	0,537	60	0,250	0,325
6	0,707	0,834	21	0,413	0,526	70	0,232	0,302
7	0,666	0,798	22	0,404	0,515	80	0,217	0,283
8	0,632	0,765	23	0,396	0,505	90	0,205	0,267
9	0,602	0,735	24	0,388	0,496	100	0,195	0,254
10	0,576	0,708	25	0,381	0,487	125	0,174	0,228
11	0,553	0,684	26	0,374	0,478	150	0,159	0,208
12	0,532	0,661	27	0,367	0,470	200	0,138	0,181
13	0,514	0,641	28	0,361	0,463	300	0,113	0,148
14	0,497	0,623	29	0,355	0,456	400	0,098	0,128
15	0,482	0,606	30	0,349	0,449	500	0,088	0,115
						1000	0,062	0,081

Thus it can be seen that the value of existing r_{xy} effect of reading Quran youth against peace of soul in Medan will be seen by guilford formula in the following:

Table.6

no	amount "r"	meaning of correlation
1.	0,00-0,20	between x and y variables indeed there is a correlation, but the correlation was very weak, so the correlation is ignored (considered no correlation between variables x and y)
2.	0,21-0,40	between x and variable y variable, there is a weak and low correlation weak or low.
3.	0,41-0,70	between x and y variables, there is a correlation that is moderate or sufficient.
4.	0,71-0,90	between x and y variable, there is a strong and high correlation or high
5.	0,91-1,00	between x and y variables, there are very strong and very high correlation or

r_{xy} value of the count results above 0.450 in the correlation number is in a group 0.41 to 0.70 which means between x and y variables are correlations moderate or self. this means effect of reading Quran for youth against peace of soul in medan has a correlation level medium. Conclusion the above shows that the hypothesis of the study, namely "the effect of reading Quran to the youth against peace of soul in medan", proved true.

Table. 6

Results of Questionnaire in Reading Quran variable x: the result of questionnaire reading Al- Qur'an

number respondent	of variabel x										total
	1	2	3	4	5	6	7	8	9	10	
1	3	3	3	3	3	0	2	4	2	2	25
2	4	3	2	4	4	4	3	3	4	3	34
3	4	3	2	4	4	2	1	3	2	1	26
4	2	2	2	0	0	2	1	4	1	1	15
5	3	3	2	3	3	1	2	4	2	2	25
6	4	3	1	3	3	2	3	4	2	1	26
7	2	2	1	3	3	1	0	3	2	2	19
8	3	3	2	3	3	2	0	3	2	4	25
9	3	3	2	3	4	2	3	3	3	4	30
10	3	3	3	3	3	2	2	3	2	4	28
11	4	3	1	3	3	1	3	4	2	4	28
12	3	3	1	3	3	2	2	2	2	4	25
13	2	1	3	3	2	0	1	1	2	1	16
14	4	3	2	3	3	2	1	3	3	4	28
15	1	1	2	4	4	0	1	3	2	1	19
16	3	3	2	4	4	2	2	4	2	3	29
17	3	3	2	3	3	1	0	4	2	1	22
18	3	3	2	4	3	2	3	3	1	3	27
19	2	2	1	3	3	0	0	1	1	1	14
20	4	3	2	4	4	2	3	3	2	3	30
21	4	3	1	0	0	1	0	4	2	2	17
22	3	2	1	4	0	3	3	4	2	4	26
23	4	3	2	2	0	1	2	3	2	1	20
24	4	3	0	0	0	1	2	3	2	1	16
25	3	3	2	4	3	1	3	3	2	1	25
26	4	3	2	3	3	2	2	4	2	2	27
27	4	3	2	4	4	0	2	3	2	2	26
28	3	3	1	3	0	1	0	3	2	1	17
29	4	4	2	3	3	1	2	4	3	3	29
30	3	2	2	3	0	1	3	4	2	4	24
31	4	4	2	2	3	1	2	3	2	2	25
32	2	1	0	2	0	2	0	1	2	1	11
33	3	3	2	4	4	0	3	3	2	4	28
34	2	2	0	3	4	2	0	3	2	1	19
35	2	2	1	3	3	2	1	3	2	2	21
36	4	3	1	3	3	2	3	4	3	4	30
37	4	3	2	0	0	1	3	3	2	4	22
38	3	3	2	3	0	3	3	4	2	4	27
39	3	3	2	3	4	3	2	4	2	4	30
40	4	3	2	3	0	3	3	4	1	4	27
41	4	4	2	3	4	2	2	4	3	4	32
42	4	4	2	3	4	2	2	4	3	4	32
43	4	3	2	3	4	2	0	4	2	2	26
44	3	3	1	4	4	4	3	4	2	4	32
45	3	3	2	4	3	1	3	4	2	4	29
46	3	3	2	4	3	3	3	1	1	4	27
47	3	3	1	4	4	2	0	4	2	2	25
48	4	4	2	4	4	4	4	2	2	4	34
49	4	3	2	4	4	0	2	4	2	4	29
50	4	3	2	3	4	1	1	3	2	2	25
51	4	3	2	4	4	2	0	3	4	1	27
52	4	4	2	3	3	2	0	3	1	1	23
53	3	3	2	4	4	3	0	3	4	2	28
54	3	2	2	3	3	2	3	3	2	4	27
55	3	3	2	3	3	2	2	4	2	4	28
56	3	3	2	4	4	1	0	4	4	1	26
57	3	3	2	4	4	1	2	4	2	4	29
58	4	2	1	3	3	2	2	3	4	4	28
59	4	3	4	4	3	4	4	3	2	4	35
60	3	2	1	3	3	4	3	4	2	4	29
61	3	1	2	3	3	1	2	3	1	2	21
62	4	3	1	4	4	1	3	4	2	4	30
63	4	3	1	0	0	0	0	4	2	2	16
64	4	3	1	3	3	1	0	3	2	3	23
65	4	4	2	3	3	0	3	3	2	4	28
66	3	2	1	3	3	1	2	4	2	4	25

67	4	3	2	4	4	2	3	4	3	4	33
68	3	3	1	4	4	1	0	3	2	2	23
69	4	4	4	4	4	2	3	4	2	4	35
70	4	3	2	3	0	2	2	3	2	4	25
71	4	3	1	3	2	0	1	3	2	2	21
72	4	3	2	4	4	3	2	4	4	3	33
73	4	3	2	4	4	3	3	4	3	4	34
74	3	3	1	4	4	1	1	4	2	2	25
75	4	3	2	4	4	3	3	3	2	4	32
76	3	3	2	2	3	1	0	3	2	1	20
77	3	3	2	3	3	1	2	4	3	4	28
78	2	1	2	0	0	2	0	1	2	1	11
79	4	3	2	4	3	0	1	3	2	2	24
80	4	3	2	2	3	1	3	4	3	4	29
81	4	3	2	4	2	1	2	3	3	3	27
82	4	3	2	3	3	1	4	4	4	4	32
83	3	2	1	3	3	1	0	4	2	1	20
84	3	3	2	4	4	2	2	3	2	4	29
85	3	2	2	3	3	2	1	3	1	2	22
86	3	3	2	3	0	3	1	4	2	2	23
87	3	3	1	4	4	0	2	1	4	3	25
88	2	1	2	3	3	2	1	4	2	2	22
89	3	3	2	4	4	2	1	3	2	2	26
90	2	1	1	3	0	1	0	3	1	1	13
91	3	3	2	0	3	1	2	4	2	3	23
92	4	3	2	3	3	2	3	4	2	4	30
93	4	3	2	3	3	2	3	4	3	4	31
94	4	4	2	4	0	2	2	4	2	2	26
95	4	3	2	4	3	2	2	2	2	2	26
96	3	3	1	3	4	2	2	4	2	3	27
97	2	1	3	3	3	2	1	4	2	2	23
98	3	3	2	4	4	3	3	3	3	4	32
99	3	2	1	3	3	2	3	4	2	4	27
100	4	3	3	0	4	2	2	3	3	4	28
total	334	281	180	³¹ / ₂	287	172	186	341	230	289	2557

Table. 7

Questionnaire result of the peace of soul variables y: the questionnaire result of peace of soul

number of respondent	variabel of y										total
	11	12	13	14	15	16	17	18	19	20	
1	4	4	4	4	2	4	4	4	4	4	38
2	4	4	4	4	3	3	4	4	4	4	38
3	4	3	1	4	3	2	4	4	3	4	32
4	4	4	4	4	4	4	4	4	3	4	39
5	4	4	4	4	3	4	4	4	4	4	39
6	4	4	3	4	2	4	4	4	4	4	37
7	4	4	1	4	4	0	4	3	3	3	30
8	4	4	4	4	1	3	4	4	4	3	35
9	4	4	3	4	3	3	4	4	4	3	36
10	4	4	3	4	3	3	4	4	4	4	37
11	4	4	1	3	3	3	3	3	3	3	30
12	3	3	3	3	3	3	3	3	3	3	30
13	4	3	2	3	3	3	3	3	3	3	30
14	4	4	4	4	3	3	4	4	4	4	38
15	4	4	3	3	3	2	2	3	3	3	30
16	3	3	3	2	3	3	3	3	3	3	29
17	2	2	1	2	2	2	3	3	2	3	22
18	3	3	3	3	3	2	2	2	3	3	27
19	3	3	1	2	3	0	3	3	3	3	24
20	4	3	3	3	3	2	3	3	3	3	30
21	2	2	2	2	1	1	1	2	2	2	17
22	3	3	2	2	2	3	3	3	3	3	27
23	2	3	2	2	3	1	2	3	0	2	20
24	2	2	1	1	2	0	2	2	2	2	16
25	4	4	2	3	3	3	3	0	3	0	25
26	4	4	2	2	2	0	4	3	3	3	27
27	3	3	2	2	2	0	2	2	2	2	20
28	3	2	2	2	3	2	3	3	3	3	26

29	4	4	1	3	3	3	3	3	3	3	30
30	3	3	3	2	2	2	2	3	3	3	26
31	4	4	3	3	3	3	2	2	2	2	28
32	2	2	2	3	3	2	2	2	2	0	20
33	3	2	2	2	1	2	2	2	2	3	21
34	4	3	3	3	3	3	3	3	2	2	29
35	2	2	2	2	2	2	3	3	0	3	21
36	3	3	2	2	0	2	2	3	3	2	22
37	3	3	3	3	3	3	3	3	2	1	27
38	4	3	1	3	2	3	3	3	3	3	28
39	4	3	3	3	2	3	3	3	3	3	30
40	4	3	4	3	4	0	4	4	0	4	30
41	4	3	2	3	3	3	3	3	3	3	30
42	3	3	3	3	3	2	2	3	3	3	28
43	4	4	3	2	2	2	2	2	3	3	27
44	4	4	4	3	3	4	4	3	3	4	36
45	2	2	2	2	2	2	2	2	2	2	20
46	3	3	2	4	3	3	3	3	3	3	30
47	4	3	1	3	2	0	3	1	4	4	25
48	4	4	2	2	3	2	2	2	2	2	25
49	4	4	4	4	4	1	3	3	3	4	34
50	4	4	4	2	3	1	3	3	3	3	30
51	3	3	3	3	2	2	2	3	3	3	27
52	4	4	0	4	3	1	4	3	3	2	28
53	4	4	2	2	2	3	3	3	3	3	29
54	4	4	2	3	2	3	3	3	3	3	30
55	4	4	3	3	3	3	2	2	2	2	28
56	4	3	2	2	3	3	3	3	3	3	29
57	4	2	2	2	2	3	3	2	3	3	26
58	4	3	3	3	2	2	4	2	2	3	28
59	4	4	3	3	3	3	3	3	3	3	32
60	4	4	3	3	3	3	3	2	2	2	29
61	2	3	3	1	3	1	3	2	2	2	22
62	4	4	3	3	2	2	3	2	1	3	27
63	2	2	2	2	1	2	2	0	1	2	16
64	2	2	3	2	2	3	3	3	0	0	20
65	4	4	4	4	3	4	0	0	0	0	23
66	4	2	2	4	2	0	4	3	0	4	25
67	4	4	4	3	3	3	3	2	3	3	32
68	3	2	2	2	3	3	2	2	2	1	22
69	1	4	0	2	3	2	4	4	3	1	24
70	4	2	2	3	3	0	3	2	2	1	22
71	0	0	0	0	2	0	0	0	0	0	2
72	0	2	1	3	3	3	4	3	3	3	25
73	4	4	4	4	2	4	0	2	2	0	26
74	3	3	2	3	3	3	3	3	3	3	29
75	4	4	4	4	3	3	2	2	2	2	30
76	3	3	3	2	1	1	2	2	2	2	21
77	3	1	3	3	2	2	2	2	3	3	24
78	4	2	0	3	2	0	0	1	1	1	14
79	2	3	3	3	3	2	2	2	2	3	25
80	4	4	3	3	3	3	3	3	2	0	28
81	4	3	2	3	2	2	3	2	3	3	27
82	4	4	2	4	3	2	3	4	3	3	32
83	2	2	2	2	2	3	2	2	1	2	20
84	2	2	3	2	3	2	3	2	3	3	25
85	2	2	2	2	1	2	3	2	2	2	20
86	4	4	2	2	2	2	0	2	2	2	22
87	2	2	3	2	2	2	3	2	3	3	24
88	3	1	1	3	2	2	2	2	3	3	22
89	2	2	3	3	2	3	2	2	2	3	24
90	2	2	0	2	2	2	2	2	1	0	15
91	2	2	2	2	2	2	2	3	2	2	21
92	4	4	4	4	0	3	4	2	3	4	32
93	4	4	0	4	3	4	3	3	3	2	30
94	4	4	1	4	0	2	3	3	3	2	26
95	4	4	2	4	3	3	2	2	2	2	28
96	4	3	3	2	2	2	2	3	3	3	27
97	4	3	4	2	2	2	2	2	2	0	23
98	4	4	0	3	3	2	4	3	3	4	30

99	4	3	2	3	3	2	2	3	3	2	27
100	4	4	2	2	2	2	2	2	2	3	25
total	334	31	23	28	24	22	27	260	249	254	2669
		2	7	1	6	4	2				

V. Conclusion

1. Reading Al- Qur'an is a routine activity must be undertaken by youths in the city of Medan that should not be left behind after the prayer.
2. In the city of Medan, particular students at State Institute for Islamic Studies of North Sumatra, students reads the Quran have a different standard size. It is based on several factors willingness, interests, and ethos. But in some conditions, the implementation of reading Quran in Medan is quite high. It can be seen from the student / youth that they read the Quran when there is spare time.
3. Based on the research, it can be concluded that; There is a significant influence on the readings of the Quran with peace of mind. It is clear that the level of influence of reading Quran will be undertaken by the youth in the city of Medan is quite high. So there is a very significant positive effect between the readings of Quran against the peace of soul the city of Medan, which means that the higher interest in reading the Quran is higher the tendency towards peace of mind that is raised.

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NOTE:

This article is a field research with the following informants:

1. Tuti Adawiyah
2. Supriono
3. Ade Irma
4. Sri Winarni
5. Atika Wulandari
6. Cici Hartika
7. Cici Hadiqi
8. Dani Widio
9. Desy Ariani
10. Didit Ahmad
11. Abd Rahim
12. Eka Wati
13. Arni Susanti
14. Ahmad Zauhari
15. Habib Sukri
16. Habibah Anggraini
17. Julianawati
18. Supeno
19. Tina
20. Zaki M. Ayub
21. Muhammad Ali
22. Tika Arianti
23. Tono Abdullah
24. dll