



The Role of Education in Developing Spirit

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Abstrak

Pendidikan holistik memberikan peran yang penting dalam membentuk semangat belajar dari setiap individu. Hal ini menekankan keterkaitan antara aspek fisik, emosional, sosial, dan moral dalam proses perkembangan, melebihi sekedar pencapaian akademis semata. Artikel ini menggunakan pendekatan kualitatif kajian kepustakaan untuk menemukan kaitan antara pendidikan holistik dan semangat belajar. Ajaran yang sesuai dengan firman Tuhan memiliki peran yang vital terhadap pembentukan karakter, pengetahuan, serta dasar moral yang stabil. Artikel ini pula menguraikan bagaimana pendidikan holistik dan ajaran yang berlandaskan kepada firman Tuhan saling berhubungan, membantu individu dalam menuntun kehidupan mereka sesuai dengan prinsip-prinsip yang terkandung di dalam firman. Pendekatan ini juga membantu pemahaman individu tentang kepercayaan dan dapat memicu semangat belajar yang berkelanjutan. Melalui pendekatan holistik yang selaras dengan ajaran firman, individu diharapkan menjadi pelajar yang bersemangat, memiliki moral yang baik, serta dapat memberikan kontribusi yang positif dalam masyarakat dan kehidupan mereka secara keseluruhan. Dengan demikian, pendidikan holistik yang berlandaskan pada nilai-nilai firman Tuhan dapat memberikan dasar yang kuat bagi semangat belajar.

Kata Kunci: pendidikan, holistik, semangat, belajar

Abstract

Holistic education plays an important role in shaping the enthusiasm for learning in every individual. It emphasizes the connection between physical, emotional, social, and moral aspects in the developmental process, going beyond mere academic achievements. This article uses a qualitative literature review approach to discover the link between holistic education and the enthusiasm for learning. Teaching aligned with God's word has a vital role in shaping character, knowledge, and a stable moral foundation. This article also outlines how holistic education and teachings based on God's word are interconnected, assisting individuals in guiding their lives according to the principles contained in the scriptures. This approach also aids individuals in understanding their beliefs and can trigger sustained enthusiasm for learning. Through a holistic approach aligned with teachings from scripture, individuals are expected to become enthusiastic learners, possess good morals, and contribute positively to Society and their overall lives. Therefore, holistic education based on the values of God's word can provide a strong foundation for learning.

Keywords: *education, holistic, spirit, learning*

Pendahuluan

Education plays a crucial role in the development of individuals and society. Quality enthusiasm for learning stands as a fundamental element supporting success in the educational process. According to Catalina & Priyanti (2022), in today's era characterized by rapid change and complexity, holistic education is increasingly becoming the focus of attention as a relevant and effective approach in fostering sustainable enthusiasm for learning. This article will delve deeper into the important role of holistic education in cultivating and sustaining a strong enthusiasm for learning, while integrating Christian values that underlie this holistic education.

Holistic education involves a wide array of aspects in the learning process, including physical, emotional, social, intellectual dimensions, and values sourced from Christian beliefs. Optimal physical health has a positive impact on students' concentration and energy levels, ultimately igniting their enthusiasm for learning. However, despite paying attention to physical health, mental health is often neglected. Napitupulu (2022) in Kompas.id states that young people are greatly affected by mental health, with WHO stating that almost 1 in 7 adolescents aged 0-19 live with some form of mental condition. This is why holistic health doesn't mean sidelining mental health but quite the opposite.

Holistic education not only involves academic development but also emphasizes character formation reflected in the principles of the Christian faith, such as love, justice, and humility (Subakat, 2022). Furthermore, in holistic education grounded in Christian values, emphasis is also placed on fostering awareness of the importance of physical health. Students are taught to maintain a healthy lifestyle, including proper diet and regular exercise. Optimal physical

health has a positive impact on students' concentration and energy levels, eventually triggering their enthusiasm for learning (Rismayanthi, 2011).

Holistic education also focuses on character formation and strong values. Students are taught to be responsible, ethical individuals who care for their environment. This is put forth by Yuliana & Fahri (2020), to help them understand that education is not just a tool for personal goals but also a means to contribute to the development of society as a whole. Amidst a modern educational context that often overly stresses academic achievement, holistic education can be key in reducing student stress and fatigue. Therefore, Christian values serve as a guide in leading a healthy lifestyle, creating a positive impact on students' concentration and energy levels, ultimately driving their enthusiasm for learning.

Regarding the role of holistic education in developing strong enthusiasm for learning, we must also consider its long-term impact on individual development. It's important to note that holistic education doesn't only produce students with good academic achievements but also individuals who have balance across various aspects of life. By understanding and comprehensively developing their potential, students tend to have higher self-confidence and stronger motivation to continue learning (Hudaya & Supriyanto, 2020).

Holistic education also provides students with diverse experiences, both in academic and non-academic contexts. They can engage in various community service projects, explore arts and culture, or participate in sports and environmental conservation activities. All of these provide opportunities for them to explore interests and talents they might not have realized before. Over time, these experiences can become a source of inspiration and strong

motivation to enhance their enthusiasm for learning.

Furthermore, holistic education that integrates Christian values also provides students with a strong moral foundation. Students are taught the importance of values such as love, humility, and service to others in accordance with Christian teachings. These values not only serve as a guide in their social relationships but also provide a framework for making ethical and responsible decisions. According to Aulia et al. (2022), in an increasingly complex society, understanding these values helps students make right decisions and contribute positively to society.

All these elements play a key role in strengthening sustained enthusiasm for learning because students feel that their learning has a positive impact on their lives and the world around them. According to Ekosiswoyo et al. (2019), the holistic approach is the foundation to create enthusiastic and inspired learners, which in turn will benefit both individuals and society as a whole. Hence, it is crucial for the modern education system to consider holistic education as an essential part of the curriculum and teaching approach. This way, we can provide an effective tool to the younger generation, preparing them to face a challenging future.

This holistic approach creates a strong foundation for developing learners who are not only enthusiastic but also have a deeper understanding of themselves, their environment, and the guiding values of their actions. As expressed by Waruwu & Sibarani (2023), a Christian religious education teacher can act as an agent in holistically influencing learners. The implementation of holistic education isn't just about teaching academic skills but also about shaping individuals with high social and emotional awareness, as well as the ability to think critically and creatively. This contributor will help them become meaningful in society,

capable of collaborating, problem-solving, and leading with integrity.

It's important to remember that transforming the education system takes time and joint efforts from various parties, including educators, administrators, and policymakers. However, its positive long-term impacts will shape a more inclusive, cultured society, always eager to continue learning throughout their lives. In this regard, according to Santoso (2019), integrating Christian values in holistic education also becomes a crucial factor. Values like love, honesty, and social responsibility, fundamental to Christian teachings, become an integral part in shaping students' characters and overall improving the quality of education. Therefore, Christian values-based holistic education not only produces academically successful individuals but also creates citizens who are aware of their responsibility in embodying Christian values in their daily actions, contributing meaningfully to the positive progress of the world around them (Pujiono, 2022). Throughout the process of educational transformation, it is important to remember that this will influence the educational culture and the wider societal perspective. Although there will be various obstacles and challenges to face, with strong determination and collaborative commitment, the benefits will become more evident.

Holistic education, which also integrates Christian principles, is a valuable and relevant idea, especially as we face rapid global changes. While its implementation requires significant time and dedication, its long-term benefits are incredibly significant. As proposed by Tefbana et al. (2022), holistic education rooted in Christian values shapes a more cultured, inclusive society and fosters lifelong learning enthusiasm in individuals. With strong determination and solid collaboration, we can lay the foundation for an education that stimulates positive development in all aspects, both at the

individual level and on a broader societal scale. Integrating Christian values serves as a strong basis in shaping character, ethics, and sustainable enthusiasm for learning in students (Sarinastitin, 2019).

Metode

The research method employed in crafting this article is qualitative methodology. Data collection techniques for this study involve literature review. The technique and results of analysis and interpretation were derived through a review of existing sources such as books and articles that aid in elucidating the role of holistic education in cultivating enthusiasm for learning.

Hasil dan Pembahasan

Fundamental Concepts of Holistic Education

Holistic education is an educational approach emphasizing the development of all aspects of an individual, including the physical, emotional, social, intellectual, and moral dimensions. Its focus extends beyond academic achievement to encompass comprehensive personal development (Ngiu et al., 2021). This approach aims to shape individuals with a deep understanding of themselves, critical thinking skills, the ability to interact in social contexts, and a profound understanding of ethical principles guiding their actions. Within the context of Christian values, holistic education often integrates principles and values derived from Christian teachings (Purba & Suwu, 2021). These values may include love, justice, humility, service to others, and social responsibility. According to Catalina & Priyanti (2022), a Christian-based holistic education aims to mold individuals reflecting Christian values in every aspect of their lives.

This involves not only achieving academic excellence but also the formation of character aligned with Christian teachings.

In other words, Christian-based holistic education perceives education as more than just knowledge transfer; it is about shaping character in line with Christian principles. According to Kasingku & Sasarari (2022), character is an important aspect in students' learning, and teachers play a significant role in contributing to the success of shaping students' character. Students are taught to live life according to Christian values in various aspects of their lives, including social relationships, social responsibility, and continuous learning. This approach helps students understand that education is a tool to deepen their knowledge of God and contribute positively to the world by embodying Christian values in their actions (Yuliana & Fahri, 2020).

Holistic education rooted in Christian teachings includes moral principles taught by Christ. Christ emphasizes the values of love, humility, justice, service to others, and social responsibility (Kalintabu, 2020). For example, in the Gospel of Matthew 22:39, Christ emphasizes the importance of loving others, stating, "And the second is like it: 'Love your neighbor as yourself.'" This is a fundamental principle of empathy and love for others, forming the primary foundation of Christian-based holistic education. Jesus Christ also taught the principle of humility in the Gospel of Matthew 23:11, saying, "The greatest among you will be your servant." As suggested by Pujiono (2022), this principle highlights the importance of humility and service to others as an integral part of Christian-based holistic education. In His teachings, Christ also emphasizes justice. In the Gospel of Luke 18:7-8, Christ states that God will help those in need, highlighting that justice is a significant principle in His view. The principle of justice and fair treatment for all individuals becomes an essential aspect of Christian-based holistic education. In Matthew 25:35-36, Jesus Christ teaches about serving those in need, saying, "For I was hungry and you gave me something to

eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." This underscores the importance of social service and caring for those in need in Christian-based holistic education.

The Role of Teachers in Holistic Education

The role of teachers in holistic education, especially those based on Christian values, holds significant significance. According to Zandroto & Indriani (2023), teachers function as guides and primary leaders in shaping students' personal development and education. In this context, teachers have a specific responsibility to integrate Christ's teachings and Christian values into their curriculum. In Christian-based holistic education, teachers also act as exemplars of character reflecting Christian values such as love, humility, justice, service to others, and social responsibility (Kalintabu, 2020). They are not solely tasked with teaching; they also guide students in understanding these ethical values and how to apply them in their daily lives. Additionally, teachers have a pivotal role in assisting students in developing their potential comprehensively. They must recognize each student's uniqueness and support their physical, emotional, social, and intellectual development. Teachers contribute to creating a safe and supportive learning environment where students feel accepted and valued (Santoso, 2019). Moreover, teachers play a role in motivating students' enthusiasm for learning. They should design engaging and relevant learning experiences that inspire students to be curious and continue learning. In the context of Christian values, teachers can link subject matter with Christian principles, helping students understand the relevance of these values in their lives.

Concepts in Developing a Strong Learning Spirit

Developing a strong learning spirit is essential in education, and to achieve this, as proposed by Jainiyah et al. (2023), several fundamental principles need to be considered. Firstly, intrinsic motivation is a key element; students need to feel engaged and connected to the subject matter, believing that learning holds deep value and significance in their lives. Second, setting clear goals helps students remain focused and motivated, encompassing academic targets like achieving specific grades in exams or personal development goals like enhancing particular skills. Thirdly, positive experiences in learning are a primary driving force for a strong learning spirit; Achieving success in tasks or receiving recognition from teachers aids in strengthening the learning spirit. However, failure can also be a valuable experience if approached wisely and seen as an opportunity to learn. Fourthly, having confidence in learning abilities is a crucial factor supporting the learning spirit. Students who feel confident in their abilities are more likely to be motivated to face challenges and grow (Suharni, 2021).

A supportive and positive learning environment is also a key element. This involves support from family, friends, teachers, as well as physical facilities and access to educational resources. Active student engagement in the learning process, emphasis on the meaning and relevance of subject matter, and constructive feedback also play significant roles in building a strong learning spirit. Flexibility in teaching methods and support for curiosity help students feel the freedom to pursue their interests and pursue self-selected knowledge. Lastly, developing a learning spirit is an ongoing process, meaning students must stay engaged in learning, set new goals, and continually motivate themselves to achieve higher accomplishments. Educators and

students, with an understanding and application of these principles, can build a strong and sustainable learning spirit (Zandroto and Indriani, 2023).

The basic concepts for developing a strong learning spirit can be found in the teachings of Christ in the Bible and their profound influence on educational approaches (Ervin, 2021). It states that the principles embraced by the teachings of Christ, such as love, humility, wisdom, and attention to personal growth, provide a strong foundation for understanding how we view education. Firstly, love is at the core of Christ's teachings, highly relevant in education. Jesus Christ himself stressed the importance of love in Matthew 22:37-39, stressing the love for God wholeheartedly and loving others as oneself. This concept of love can be applied in an educational context by creating a learning environment full of support, empathy, and understanding among students and teachers (Aulia et al., 2022). Applying this concept in education can help build positive relationships, support personal growth, and stimulate the learning spirit. Humility is also a significant value in Christ's teachings. In Philippians 2:3-4, we are taught not only to look after our interests but also the interests of others. This principle is relevant in education by teaching students to respect and support each other in the learning process. According to Kristin Simorangkir & Pangestie (2022), in an environment based on humility, students feel comfortable sharing ideas, asking questions, and receiving feedback from teachers and peers. Christ's teachings also emphasize wisdom and personal growth. In Isaiah 30:20-21, we are taught that the Lord gives wise instruction and guidance. This teaching highlights the importance of listening to teachers who provide wise guidance for student growth. In the educational context, this means students need to learn from individuals with more significant experience and knowledge to grow personally and intellectually. By

considering Christ's teachings in an educational context, we can incorporate these values into teaching methods and learning environments. As a result, students feel loved, valued, and accepted, which, in turn, builds a stronger learning spirit (Catalina and Priyanti, 2022). The concepts of love, humility, wisdom, and personal growth inspired by Christ's teachings help create an educational environment that promotes meaningful learning, personal growth, and a sustained learning spirit. In this regard, Christ's teachings can be a powerful guide to shaping more impactful and meaningful education.

Motivation to Develop a Strong Learning Spirit

Motivation to develop a strong learning spirit is the fundamental basis that supports success in the educational journey. According to Suharni (2021), this motivation can arise from various sources and is often personal in nature. One of the strongest motivations is when someone has clear goals and ambitions in life. When individuals have dreams or goals they wish to achieve, the learning spirit becomes a powerful tool that helps them approach those goals with determination. The learning spirit becomes the primary driver pushing them to take the necessary steps in their educational journey. Furthermore, a love for learning can also be a significant source of motivation. As stated by Hudaya & Supriyanto (2020), when someone enjoys learning, feels pleasure in exploring new knowledge, and has a strong curiosity, the learning spirit often emerges naturally. They don't view learning as a tiresome task but as an opportunity to grow and develop. This creates a positive learning environment where the learning spirit continues to flourish. Achievements and recognition can also serve as strong motivations in developing the learning spirit. Many individuals are motivated by the desire to achieve high accomplishments in their field

and receive acknowledgment for their efforts. Good academic performance, awards, or recognition from others can be strong drivers to continue learning diligently. This provides more concrete goals and measurable achievements to strive for. Moreover, some individuals are motivated by a lack of knowledge. The awareness that there's much they don't know and the drive to expand their knowledge is a strong motivation (Jainiyah et al., 2023). Curiosity is a powerful driver to learn more and deeper. They are enthusiastic about exploring various aspects of knowledge, which propels the learning spirit. Overall, motivation to develop a strong learning spirit can originate from various sources, often a combination of several factors that drive someone to continue learning enthusiastically. Identifying your own sources of personal motivation is a crucial step in embarking on the educational journey with strong determination and a sustained learning spirit.

Motivation to develop a strong learning spirit can be seen through the prism of Christ's teachings found in the Bible. Ervina (2021) states that Christ's teachings are not just moral and ethical guidelines but also a source of inspiration for individuals seeking to understand how these teachings can shape a sustained learning spirit. One of the highly relevant teachings of Christ is love. In Matthew 22:37-39, Jesus Christ emphasizes the importance of loving God with all one's heart, soul, and mind, as well as loving others as oneself. In the field of education, this value of love can be a primary driver for developing a learning spirit grounded in empathy (Wasari et al., 2022). When students have love for one another, they are more willing to share knowledge, help each other, and create a supportive learning environment. Humility is another value emphasized in Christ's teachings. In Philippians 2:3-4, we are taught to be humble and consider others more highly than ourselves. This principle is highly

relevant in the educational context because it teaches students to respect one another, support personal growth, and appreciate everyone's contribution to the learning environment. When students understand the value of humility, they are more open to learning from others, acknowledging their own weaknesses, and willing to overcome obstacles in the learning process. Christ's teachings also emphasize wisdom. In James 1:5, we are taught that if anyone lacks wisdom, they can ask God, and He will give it generously. This principle underscores the importance of seeking knowledge and wisdom. In the educational context, this value serves as an impetus to pursue knowledge diligently and be open to learning from various sources. Additionally, the pursuit of knowledge is a value emphasized in the Bible. Proverbs 18:15 states that the heart of the discerning acquires knowledge, for the ears of the wise seek it out. This value emphasizes the importance of knowledge and curiosity in developing a strong learning spirit. When students realize that knowledge is a gift and have a passion to continue learning, their learning spirit grows and develops. By connecting motivation to develop a strong learning spirit with Christ's teachings and Bible verses, individuals can find inspiration in the moral and ethical values emphasized by Jesus Christ to help them develop a sustained and meaningful learning spirit. Christ's teachings can be a moral guide that provides direction and meaning in the educational process, helping students understand that learning is not just about increasing knowledge but also about deeper moral and spiritual growth (Simorangkir and Pangesti, 2022).

Contributions of Holistic Education in Developing a Learning Spirit

Holistic education plays a significant role in fostering the development of a strong learning spirit in students. According to Purba and Suwu (2021), this approach does not

merely view students as recipients of academic information but as complex individuals with various interconnected aspects of life. Several significant contributing factors of holistic education in shaping a sustained learning spirit can be outlined as follows:

1. **Development of Social and Emotional Skills:** The holistic education approach pays special attention to the development of students' social and emotional skills. This includes aspects such as effective communication, cooperation, emotional management, and emotional intelligence. Pujiono (2022) states that supported by these skills, students become more confident in interacting with peers and teachers. They can also handle conflicts and manage stress better, all of which contribute to enhancing the learning spirit.
2. **Life Balance:** Holistic education promotes awareness of the importance of maintaining physical health. Students are taught to maintain healthy eating habits, engage in regular exercise, and get sufficient sleep. Optimal physical health positively impacts students' concentration and energy levels, which, in turn, triggers a high learning spirit. Students who feel fit and refreshed tend to be more focused and enthusiastic in facing learning challenges. (Tefbana et al., 2022)
3. **Character Formation and Values:** Holistic education places ethical values at the core of education. Students are taught about principles such as integrity, honesty, social responsibility, and concern for the environment around them (Hudaya and Supriyanto, 2020). Education that advances these values helps students understand that education is a tool for contributing to the overall

development of society, not just for personal achievement. Students who understand these character values tend to have a high learning spirit because they are aware of the positive impact they can make.

4. **Diverse Experiences:** According to Catalina & Priyanti (2022), the holistic approach provides students with diverse experiences beyond academic subjects. They can engage in various activities such as community service projects, arts and culture, sports, and environmental conservation. These experiences help students explore interests and talents they might not have been aware of before. Over time, these experiences can become sources of inspiration and strong motivation to enhance the learning spirit.
5. **Comprehensive Personal Growth:** The opinion expressed by Zandroto & Indriani (2023) that holistic education views students as unique individuals with different potentials in various aspects of life. This approach prioritizes the development of all aspects of a student's personality, including intellectual, emotional, social, and physical aspects. Students who grow comprehensively tend to have a high curiosity and sustained learning spirit because they feel satisfied in exploring various dimensions of life.

With all these elements, holistic education creates a strong foundation for a lifelong and meaningful learning spirit. Students who receive holistic education not only achieve good academic performance but also grow as individuals with strong social and emotional skills, a healthy life balance, good character, ethical values, diverse experiences, and comprehensive personal growth. All these together form a sustained and positive learning spirit (Suharni, 2021).

Holistic education has a close connection with the principles of Christ's teachings found in the Bible. In Christ's teachings, there are several values and principles that support this approach. According to Ervina (2021), using verses from the Bible can provide a strong moral and ethical guideline that can be integrated into the framework of holistic education. One of the key principles in Christ's teachings is love, care, and peace. Christ emphasizes the importance of loving others wholeheartedly and encourages practicing compassion towards others. One prominent verse is found in the Gospel of Matthew 22:39, which states "The second is like it: Love your neighbor as yourself." This principle becomes the foundation for the holistic education approach that emphasizes the development of students' social and emotional skills (Pujiono, 2022). According to Jeyfral et al. (2023), discipline is an integral and inseparable part of love and significantly influences character development. Through holistic education, students are taught to empathize, listen, understand others, and promote cooperation and peace in the educational environment. Additionally, many of Christ's teachings emphasize personal growth and spiritual dimensions. In the Gospel of Luke 2:52, it is recorded that Jesus "And Jesus grew in wisdom and stature, and in favor with God and man." This underscores the significance of holistic growth in individual development. Sarinastitin (2019) states that the holistic education approach reflects this principle by prioritizing the development of emotional, social, and physical aspects alongside the intellectual aspect. Students are taught to develop good character, internalize ethical values, and recognize social responsibilities, all values strongly advocated in Christ's teachings (Wasari et al., 2022). Verses from the Bible also provide a strong moral and ethical foundation that can be integrated into the context of holistic education. For example,

the Letter of Paul to the Romans 12:2 urges individuals not to conform to the pattern of this world, relevant in holistic education to help students understand the difference between good and bad values and make ethical decisions in daily life (Zandroto and Indriani, 2023). Holistic education, with the integration of values from Christ's teachings and moral principles from the Bible, helps students develop a sustained learning spirit. It also shapes individuals with high social, emotional, and ethical awareness, ready to make a positive contribution to the world in line with Christ's teachings. Integrating these values in education is a way to apply Christ's teachings in daily practice and shape a better future for the younger generation.

Simpulan

The role of holistic education in fostering a spirit of learning can be seen as a form of self-development that aligns with the values taught in the word of God. The Bible, as a moral and spiritual guide for many individuals, teaches the importance of forming good character, strong morals, and awareness of ethical values. Essentially, holistic education is a perspective that integrates physical, emotional, social, and moral aspects in individual development. In this regard, holistic education promotes character development encompassing moral, ethical, and spiritual aspects. Therefore, in the context of the Bible, holistic education aids individuals in living life according to the teachings within the Bible and deepening their understanding of their beliefs. Furthermore, the Bible teaches that parents have a responsibility to educate their children in religious teachings. Holistic education also acknowledges the significant role of parents in shaping the learning spirit of their children and creating an educational environment that supports holistic development in children. In this framework, holistic education becomes a tool for parents to provide deep religious teachings and

motivate a greater spirit of learning in terms of faith and spirituality. Apart from the aspects of character and morals, the word of the LORD also emphasizes the importance of knowledge, wisdom, and understanding. Holistic education encompasses the development of knowledge in many aspects of life, including religious knowledge. This can help individuals deepen their understanding of their faith and beliefs, which, in turn, can motivate a greater spirit of learning in seeking wisdom and profound understanding. Thus, holistic education and the teachings of the Bible have a close relationship in developing a spirit of learning that aligns with religious values and a deep understanding of faith. Both can work together to shape individuals who are enthusiastic learners and have a strong moral foundation.

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