



**Islamic Education for the Strawberry Mental Millennial Generation (An  
Effort to Form a Strong Ummah Cadre)**

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**ABSTRACT**

It will be a big disaster if the Islamic generation is dominated by the strawberry-minded generation. The character of the strawberry mental generation is that they are easily crushed by social pressures and do not want to work hard for something they want. Half of this decade the Islamic generation is dominated by teenagers with a strawberry mentality. Indications that show that most of the Muslim generation are fragile, can't stand pressure, and are lazy are the orientations they often echo on social media, namely, "Small happy, young spree, old rich, dying to go to heaven". This should not be allowed, because in the next five to ten years they will be the ones holding the baton in the future civilization of the Islamic world. Mental health in fostering the character of strong Muslim youth is something that deserves attention. This study aims to analyze the role of Islamic education in dealing with the strawberry mental generation. The type of approach used is qualitative research by taking sources from various research journals, theses / theses, news editors, books, and various related media. Mental health in Islamic education is something that is important in addition to intellectual intelligence and physical strength. There are several ways that are done to deal with the strawberry generation in Islamic education can be applied by methods of habituation, example, example, correction, taking ibrah from every incident and various other related methods. mental and emotional, is expected to minimize the births of the next generation of strawberries.

**KEYWORDS:** Islamic education, strawberry mental generation, Islamic generation.



## INTRODUCTION

Youth is the inventory of the state. In the next ten to twenty years, adolescents will play an active role in the sustainability of the life of the nation and state. The progress or decline of civilization later depends on the quality of today's youth. Not only that, in Indonesia, which is a Muslim-majority country, Muslim youth will be the vanguard who upholds the monotheistic religion from various challenges and threats from outside.

The demographic bonus that will be faced by Indonesia between the years 2030-2040 to come can be an opportunity as well as a big challenge for Indonesia. The dominant composition of the Indonesian population when facing the demographic era will be mostly in the young age group. This is due to the high fertility rate in Indonesia in previous years (Falikhah). Thus, it is estimated that in 2020-2030, 70% of the population of Indonesia will be in the productive age population. The government has prepared the productive age population to create a golden generation in 2045. The provision of life skills and strong character must have been prepared even a decade ago.

Currently, the government is faced with a big responsibility, namely to prepare Indonesia's golden generation in 2045. This is not an easy thing. If not managed properly, the demographic bonus will become a boomerang for the Indonesian people themselves. The large number of people who are not capable of fulfilling their daily needs will certainly be a burden on the state. Poor quality of human resources will also be the cause of the growth of socio-economic problems in society.

The golden generation is the generation prepared by the government to be able to solve increasingly complex problems along with the times with the creativity they create. For the millennial generation, creativity in the use of advanced technology is not a difficult problem. They are used to using various kinds of technology to help facilitate the work in life. However, the problem here is the dominance of the millennial generation who are mentally weak and give up easily when they encounter obstacles in achieving their goals. The millennial generation is a pragmatic generation that is unable to survive the long and tiring struggle process. Such mental state of adolescents is often termed the word generation WITH mental strawberry mentality. A generation that is perfect on the outside and charming, but very fragile on the inside.



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Another related problem is globalization and modernization which directly affect the character of teenagers. The characters of the current generation are no longer the same as the simple characters of the previous generation. Globalization and modernization have a strategic role that can quickly influence the character of the millennial generation. The consequence of that is the loss of the original regional culture or cultural changes at all levels of the countries in the world (Christiani & Ikasari, *Generasi Z dan Pemeliharaan Relasi Antar Generasi Perspektif Budaya Jawa*, 2020).

Currently, the culture of instant life has influenced the character of teenagers. It is technological modernization that causes the attachment of an instant culture of life in adolescents. Because they are pampered with existing facilities, the millennial generation is not a strong generation to fight for something. This is of course bad news, because later they will justify any means in order to obtain convenience in obtaining something. A question arose. How is it possible to build a civilizational milestone with such a generation?

This anxiety is also felt by the Muslim community in Indonesia. Because, not only Indonesia with the hope of a golden generation, Islam also has the hope of forming a strong front line cadre of people from the demographic bonus that Indonesia will experience. This is not a dream that is excessive and impossible to do. Because Indonesia, which is an archipelagic country with the largest Muslim population in the world, has the potential for that. In a survey it is known that as many as 87.2% of Indonesia's population is Muslim (Kementerian Koordinator Bidang Perekonomian Republik Indonesia, 2022). This figure is sufficient to realize the hope of forming a strong cadre of people in Indonesia.

The steps taken to realize these ideals are preparing character formation through Islamic education for the current generation who have a strawberry mentality. Character education in Islam is something complex whose orientation is to make humans perfect human beings intellectually, spiritually and physically. At least, if it can't be changed, Islamic education can reduce the birth of the next generation of strawberry mentality.

This study aims to analyze what kind of Islamic education model can overcome current problems related to a generation with a strawberry mentality. Islamic education does not only cover cognitive aspects, or matters of dogma justification, holistic Islamic education also touches on aspects of human character/morality. Thus, one of the tasks of Islamic education is to shape human character.

## **RESEARCH METHODS**



The research method used is qualitative research with library research data collection techniques . Qualitative research is research that tries to get a deeper picture of a problem so that the knowledge gained is holistic (Harahap, 2014).

This paper presents an analysis of ways that can be done to deal with the strawberry-minded generation in Islamic education. Islamic education is a holistic and universal education, not only touching the cognitive and religiosity domains, but also includes moral education. Meanwhile, the study of this discussion topic discussed in terms of Islamic education is a hot topic, namely the problem of the strawberry-minded generation in Indonesia.

Presentation of writing in the form of analytical descriptive. The first stage in presenting the article is to first explain the meaning of the strawberry generation and its phenomena in Indonesia. The second stage is explained regarding the urgency of character education in Islam. The last stage is the elaboration of Islamic education for the millennial generation with a strawberry mentality. After that, we conclude the results of the analysis of the writing.

## **DISCUSSION RESULT**

### **Strawberry Mental Millennial Phenomenology.**

Before Generation Y, or what is known as the millennial generation, there were the Baby Boomers and Generation X. The grouping of these generations was based on the year of birth. Each generation has its own characteristics so that it becomes its trademark (Utomo, 2018). Each generation has advantages and disadvantages so that different generations will face different problems(Christiani & Ikasari, *Generasi Z dan Pemeliharaan Relasi Antar Generasi dalam Perspektif Budaya Jawa*, 2022)

If the Baby Boomers generation is a generation born with high militancy, then Generation X is a hardworking generation, then, the millennial generation has high self-confidence. Millennials are able to do multiple tasks ( multitasking ) and always have excess energy. They are a passionate generation. Generation Y or millennial generation is also a generation of scholars who are able to think creatively and make decisions quickly and accurately (Arifin, 2021).



Based on a literature in Syarif Hidayullah's article related to Millennial Generation Behavior, it is known that there are several characteristics of the millennial generation, namely: millennials prefer cellphones over TV; millennials must have social media; millennials don't like to read conventionally; millennials tend to be disloyal but work effectively; millennials tend to do cashless transactions; millennials take advantage of technology and information; and millennials tend to be more lazy and consumptive (Hidayatullah, et al., 2018).

The drawback of the millennial generation is that this generation is mentally weak. So that they often experience stress problems and failure in managing personal emotions. They often feel depressed. Actually, everyone has a different level of emotional intelligence. There are people who can recognize and manage their own feelings quickly, know the causes and solutions to relieve personal emotions and can act appropriately (Yunalia & Etika, 2020). There are also individuals who find it difficult to recognize personal emotions and are often trapped in depression. The millennial generation is easily trapped by depression.

The millennial generation is a result-oriented generation, so the process for them is not very important and is often ignored. They prefer instant living culture. If you fail to get something you want, the millennial generation, who are mentally fragile, will be easily pressured. Based on Ben Mabrouk's research, the average school-age teenager experiences stress a lot (Mabrouk & dkk, 2002). Based on the 2018 Basic Health Research data, it shows that more than 19 million people aged 15 years experience mental emotional failure and experience depression.

The mentally weak generation as referred to above according to Prof. Kasali in Caratta et al is a generation that always needs continuous self-healing and self-reward to be able to motivate themselves to fight (Claretta, Rachmawati, & Sukaesih, 2022). They are called the generation with the strawberry mentality. Because it is easy to get depressed and it is difficult to regulate emotions within oneself, what is most echoed by this generation as an effort to overcome depression is self-healing. Self healing is a method that is widely discussed as a method that can control emotions and anger (Bachtiar & Faletahan, 2021). Why is self-healing efficiently used in relieving unstable emotions, because self-healing is related to beliefs which are an important element in motivating one's self-confidence. Roads and pleasures are the mainstay of today's youth to get away from life's problems.



Strawberry Generation represents a beautiful strawberry fruit but is easily fragile and crumbles when stepped on (Edward, 2022). Factors that influence a child's potential to grow into the strawberry generation is the role of parents in educating children from childhood. Among them in the research of Hapsari, Meilani, and Nabillah it was explained that overprotective, authoritarian parenting, and excessive appreciation can form weak and fragile characters like strawberries in children (Hapsari, Meilani, & Nabillah, 2021).

The second factor is the existence of globalization and modernization which shifts western culture to east. Due to the swift flow of globalization, there has been a change in the lifestyle of adolescents which is assumed to be the cause of various problems, including the loss of values and norms that grow in society (Wahyuni, Soesilowati, & Banowati, 2016). It is undeniable, today's youth lifestyle is oriented towards material values and prestige. Research findings by Elly Herliana entitled *The Coffee Shop Phenomenon as a Symptom of a New Lifestyle for Young People* show that some of today's Indonesian teenagers are those whose character likes to follow trends (Herliana, 2012). Always follow emerging trends is a form of lifestyle that is not what it is. This lifestyle tends to have a goal that if it is not in accordance with our natural life, there will be conflict.

It may be that someone is forced to always imitate the lifestyle of others, but he is unable to match the frequency with his own life. The person tends to get caught up in other people's lifestyles, thus making his life unhappy. This if allowed to continue will be the cause of excessive depression. Thus, the millennial generation with a strawberry mentality is very easily depressed and gets depressed. According to WHO in Yasipin, mental disorders, which include depression, have affected 10-20% of children and adolescents worldwide (Yasipin, Rianti, & Hidayat, 2020).

Meanwhile, according to Prof. Renald Kasali tries to study the strawberry generation phenomenon and concludes his analysis regarding why this phenomenon occurs. Based on his analysis there are at least four things, namely (Kementerian Keunagan Republik Indonesia, 2022):

### **1. Self diagnosis is too early without involving experts.**

Young people today are extraordinary, a lot of information is circulating on social media and so on and they absorb it like a sponge that absorbs water. Teenagers today are very good at diagnosing something based on their analysis. Facts show that information in



this era has spread everywhere and is very easy to obtain. The millennial generation has been able to match what happened to him with the information provided by the internet. In the end, being an amateur, the diagnosis was wrong.

They always think their problem is a big problem that deserves attention. They also dared to analyze the most appropriate solution for themselves in healing mental wounds. Namely with *healing*. *Healing* for them means a field trip or vacation. The millennial generation with a strawberry mentality will not be far from healing. Because, when they get hit by a small problem, they are looking for an escape by *healing*. Whereas the term *healing* used to be used by patients with severe depression.

**2. The way parents educate related to family conditions where children are raised in a more prosperous situation than the previous generation.**

The mistake of parents in educating their children is *setting unrealistic expectations*. Parents often call their children princess, prince, the greatest child and so on. Whereas in reality later in life, these children will face bigger and more difficult situations than their safe environment at home where there will be people who are greater and smarter than themselves. As a result, these children will then be more easily disappointed and more easily offended because of differences in conditions inside and outside the home. Other parental mistakes are also found in parents with high economic income. Those who pamper children in such a way by providing facilities will certainly not stimulate children to have a fighting character and never give up.

**3. Uninformed parental narratives.**

In the previous generation, there were relatively no parents who said their child was *moody* (relatively easy to change mood). Recently, the number of parents who say their children are *moody is* increasing. There is a consequence of the mention of *moody* from parents for their children, namely after the children grow up, they will easily call themselves moody (believe in the label).

**4. Many of today's generations find it easier to run from adversity.**





Whereas a person's victory is if he can manage all these difficulties or *obstacles* . Because they like things that are instant, the strawberry-minded generation tries their best to minimize the difficulties in their lives.

Such is the phenomenon of the millennial generation with a strawberry mentality that is happening in our society today. What is needed now is an effort that is the antithesis of the existing facts. The year 2045 is still a long way off, the government and society still have time to prepare the character of children and youth so that they can become the golden generation of 2045.

### **Urgency of Character Education in Islam.**

In coaching education regarding character, character, and morals is something that must be prioritized. Likewise in Islamic education, the character that is manifested in the moral aspect is the main discussion term studied.

The definition of character education is a deliberate effort to influence so that humans are able to understand, care, and carry out moral and moral values both for themselves and for society as a whole. Character education in Islam must have a basis that is the absolute basis of human life, namely revelation from God. This is in line with the findings of Abdul Halik who said that Islamic education is not just a transfer of knowledge or transfer of training, but rather leads to a system that is laid out on a foundation of faith and is directly related to God (Halik, 2013).

Character education itself in the West began to be busy echoed in the 1990s by Thomas Lickona. However, previously in 1960 President Soekarno had campaigned for character education long before the West was busy discussing character education (Haris, 2019). However, it turns out that character education in Islam was carried out by the Prophet Muhammad long before the time of the two great figures.

According to the Language Center of the Ministry of National Education, the meaning of character is "personality, soul, innate, day, character, behavior, personality, nature, character, temperament and character". Based on another understanding, character is something that refers to a series of attitudes, behaviors, motivations, and skills.

While morals are the meaning of character in Islam. Morals as religious teachings must be owned by Muslims. The aim of moral education for some Islamic thinkers is used as the main goal. Muhammad Al-Athiyah Al-Abrasyi as the very first goal of Islamic education





out of five other educational goals. Why is that? Because, morals are something that greatly affects the quality of a person's personality. In every activity and interaction every day, a good personality is a manifestation of noble character from within. Thus, morals are the human inner atmosphere that is projected in outward actions (Mukhlas, 1428).

Islamic education is very concerned with character/morals. The Qur'anic verse that explains the urgency of the moral aspect is a surah Al Baqarah 83

وَإِذْ أَخَذْنَا مِيثَاقَ بَنِي إِسْرَائِيلَ لَا تَعْبُدُونَ إِلَّا اللَّهَ وَبِالْوَالِدَيْنِ إِحْسَانًا وَذِي الْقُرْبَىٰ وَالْيَتَامَىٰ وَالْمَسْكِينِ وَقُولُوا لِلنَّاسِ حُسْنًا وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ ثُمَّ تَوَلَّيْتُمْ إِلَّا قَلِيلًا مِّنْكُمْ وَأَنْتُمْ مُّعْرِضُونَ

*And when We made a covenant with the children of Israel: You shall not serve any but Allah and (you shall do) good to (your) parents, and to the near of kin and to the orphans and the needy, and you shall speak to men good words and keep up prayer and pay the poor-rate. Then you turned back except a few of you and (now too) you turn aside*

In the hadith from Abu Hurairah Radhiyallahu 'Anhu, the Messenger of Allah Shallallahu 'Alaihi Wasallam said:

إِنَّمَا بُعِثْتُ لِأَتَمِّمَ مَكَارِمَ الْأَخْلَاقِ

Meaning: "Indeed I was sent only to perfect moral piety." (Narrated by Al-Baihaqi).

The characters discussed in this paper are the characters owned by the strawberry generation. That is a fragile attitude and easily give up. In contrast to the previous generation, the strawberry generation, which is mostly dominated by the millennial generation, are those who like instant life with minimal struggles.

### **Islamic Education for the Strawberry Generation.**

The younger generation should have strong character so that they are able to build their nation and country, have a noble personality and a burning spirit of nationalism, be able to compete educatively, creatively, innovatively and competitively (Febrianti, 2020). To realize the ideal characters as mentioned above, education is needed that is able to form a perfect personality. In the aim of Islamic education, human beings or perfect humans are the first orientation of holding Islamic education.

Islamic education has a vision of educating humans to become people who believe and are pious (Anwar, 2016). The representation of human faith and piety is the formation of an Islamic character as described in the book of Allah Al-Karim QS. Az Zumar {39} : 53-54



قُلْ يُعَادِي الَّذِينَ اسْرِفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ ۚ إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا ۚ إِنَّهُ هُوَ الْعَفُورُ الرَّحِيمُ ﴿٥٠﴾  
وَأَيُّوبَ ۚ إِلَىٰ رَبِّكُم وَأَسْلِمُوا ۚ لَهُ مِن قَبْلِ أَن يَأْتِيَكُمُ الْعَذَابُ ثُمَّ لَا تُنصَرُونَ ﴿٥١﴾

*“Say: O my servants! who have acted extravagantly against their own souls, do not despair of the mercy of Allah; surely Allah forgives the faults altogether; surely He is the Forgiving the Merciful. And return to your Lord time after time and submit to Him before there comes to you the punishment, then you shall not be helped.”*

Rasulullah has taught character building which is taken by various methods. There are many methods taught by the Prophet that can be applied to Islamic education for the strawberry generation. These methods include (Rofi'i, 2018):

#### 1. Ta'wid Method (Habit)

This method is reflected in prayer services. Prayer is an obligation that must be carried out by every Muslim. If it is not accustomed to a person then it will be difficult to reach the point of getting used to it. The habit of praying in oneself has been ordered from an early age. This is intended so that when one is an adult, one will no longer have difficulties because for him this is a normal thing and must be fulfilled. The strawberry generation are those who like instant culture, with strict habituation that is done repeatedly to train the strawberry generation to work hard. The hope is that little by little the instant culture inherent in the character of the strawberry generation can be shifted by this ta'wid or habituation method.

#### 2. The Qudwah Method

This method is the most effective and permanent method as it has been implemented by the Prophet Muhammad to his companions. Likewise friends with the next generation. The example listed in the Quran includes the story of Luqman Al-Hakim who has given various examples to parents in educating their sons. This method can be used by parents in educating their children. Parents who can give an unyielding example in life that is seen directly by the child will make the child have a strong character as well.

#### 3. Tsawab wa Iqab method



Thawab is reward and Iqab is punishment or it can be known as reward and punishment. Reward will raise enthusiasm and motivation in a person to always do something positive, or even improve one's performance. On the other hand, punishment (*punishment*) is expected to form a deterrent attitude to someone so as not to repeat the violation or repeat the same mistake.

#### 4. Madh wa Tsana method

As human nature likes praise and flattery. At a certain level, praise and flattery are very useful greetings to raise one's enthusiasm and motivation to do something.

As in the story of Abdullah bin Amr Ra when he heard that what he did was commendable and the Messenger of Allah praised him, even told that the reward was good if he always kept his night prayers. So Abdullah bin Amr Ra woke up a habit that stuck with him in doing night prayers. Praise and flattery should not be given in excess. Excessive praise given to children will make him a person who only wants to do something if people praise him. Excessive praise also has an impact on the mental growth of strawberries in children.

#### 5. Kaffarah Method

Kaffarah means the expiation of sins or mistakes that have been made by someone. There is a part of a responsible attitude, a serious attitude to improve yourself and an attitude to punish yourself so you don't repeat mistakes. Kaffarah is a method taught by the Shari'a so that you are always careful with existing regulations. Serious attitude is something that must be instilled in the strawberry generation. Sincerity after being fined for making a mistake is a surefire way to form a good person. Because someone tends not to want to make the same mistake, after knowing what the punishment is like.

#### 6. Taujih wa Irsyad method

Taujih means direction, while Ershad means guidance. Every human being, whoever he or she must have shortcomings, no matter how good they are; and because these shortcomings are always inherent in humans, guidance and direction are needed by them for good and benefit now and in the future, in this world and in the hereafter, even in matters of this world and matters of worship.

#### 7. I'tibar Metode method



In this universe there is a lot that can be used as Ibrah or lessons; the universe with all its wonders, various events that have occurred since humans existed until now, even including oneself and one's soul itself contains various Ibrah. It is necessary to reflect and think in order to arrive at the ability to take this Ibrah, as well as the need to be full of awareness and sincerity so that Ibrah and the lessons learned do not just disappear.

To educate the strawberry generation, the ibrah method is one of the most appropriate methods. We can cite stories of the struggle of the prophets and apostles who were great and never gave up. Noah's da'wah which lasted for 900 years and did not get any people except for only ten people. How Prophet Noah is an example of extraordinary struggle militancy that should be imitated. Strawberry generation that just stumbled a little and immediately gave up is something that is very embarrassing compared to the story of the struggle of the previous people. Don't take the example far away, even our parents struggle every day and are never at the point of despair if the struggle is for their children.

The methods mentioned above can be used in the training and education of the strawberry generation. Not all methods can be applied to everyone. Individual characters also determine which method is most appropriate to use. So it is hoped that teachers or parents can choose the most suitable method to be applied to their children/students.

## **CONCLUSION**

1. The millennial generation is a group of generations who are technology literate and affected by modernization and globalization. Due to various kinds of influences and factors, especially globalization, the millennial generation living today is a generation with a strawberry mentality. They are teenagers who are mentally weak, fragile, and easily give up if they encounter difficulties in life. Instead of solving problems, they prefer to run with easy and instant alternatives.
2. Character education is something that is important in Islam. As the goal of Islamic education is to create human beings, the noble character aspect must be raised in the person. Character or morals in Islam are inner things that are projected against outward actions. Thus, human character or morals will be seen through the daily activities of individuals.
3. The character of the millennial generation who gives up easily so that they are dubbed the strawberry generation can be fostered and educated with Islamic education



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through various methods introduced by the Prophet. These methods include: the ta'wid method; qudwah method; tsawab wa iqab method; the madh wa tsana method; kaffarah method; the method of taujih wa irsyad; and the i'tibar method.



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