SYNERGY OF INTERNAL AND EXTERNAL FACTORS IN HOLISTIC STUDENT DEVELOPMENT

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Abstract: Factors influencing student development consist of two main aspects: internal and external factors. Internal factors include physical, psychological, and mental conditions such as health, intelligence, motivation, interest, attention, and learning readiness. Meanwhile, external factors, such as prayer, encompass the influence of family, school, community, and spirituality. This journal discusses the interconnection between these factors, supporting or hindering the learning process. The family plays a foundational role in shaping the child's character, while schools and communities contribute through facilities, teaching methods, and social norms. A holistic approach involving spiritual support is also considered effective in enhancing students' emotional resilience. This study concludes that the synergy between internal and external factors is key to achieving optimal educational success. A deeper understanding of these factors is expected to assist teachers, parents, and policymakers in creating an educational ecosystem supporting students' holistic development.

Keywords: Students, Internal Factors, External Factors, Learning, Holistic Education, Spirituality

INTRODUCTION

The scope of the world of education is so complex and many things affect the success of students to obtain learning outcomes that are in accordance with their goals. Students in the Qur'an are people who demand and learn knowledge and pass it on to others, based on the Qur'an surah At-Taubah verse 122:

وَمَا كَانَ الْمُؤْمِنُوْنَ لِيَنْفِرُوْا كَاۤفَّةًۗ فَلَوْلَا نَفَرَ مِنْ كُلِّ فِرْقَةٍ مِّنْهُمْ طَاۤىِٕفَةٌ لِّيَتَفَقَّهُوْا فِى الدِّيْنِ وَلِيُنْذِرُوْا

قَوْمَهُمْ اِذَا رَجَعُوْٓا اِلَيْهِمْ لَعَلَّهُمْ يَحْذَرُوْنَ

It means: "It is not proper for believers to go all (to the battlefield). Why did some of them not go (stay with the Messenger of Allah) to deepen their religious knowledge and warn their people when they have returned so that they can take care of themselves?" (QS. Al-Taubah 09:122)

Hamka wrote Tafsir Al-Azhar, which states that all believers must participate in war or jihad according to their ability. Jihad can involve using weapons or seeking knowledge so that religious knowledge and knowledge will expand (Hamkah, 1984). From this explanation, it can be concluded that each person learning to study to convey the law to others is mandatory and equated with jihad (Hilmansyah et al., 2023).

The term student is synonymous with: 1) Having their world, different from adults. 2) Have a certain period of growth and development so that the educational process needs adjustment. 3) They need actualization, self-esteem, compassion, security, and other biological needs. 4) Each student is different due to internal and external factors. 5) Have a unity of body and soul. 6) They have the potential to be creative, productive, and active, not passive (Putri, 2017). An in-depth

understanding of these factors is essential to support educational success and improve the quality of learning.

Internal factors that affect it include psychological aspects such as motivation, interest, confidence, and intelligence, and physical conditions such as health and stamina. These factors determine whether students can accept and understand what is being equalized. Students' cognitive development is influenced by the physical and psychological maturity they experience at each age stage. A student who is enthusiastic about learning and in good physical condition will likely achieve brilliant learning goals (Santrock, 2007).

Meanwhile, external factors are no less important in influencing the learning process. The family environment is one of the most influential factors because the family is the beginning of a forum for them to learn and develop. Parenting, parental attention, and social support can shape children's attitudes and behaviors in learning. The family environment is part of the ecosystem that directly affects children's learning behavior (Bronfenbrenner, 1979). In addition, the school environment, such as teacher interaction, teaching quality, facilities, and a conducive learning atmosphere, also plays a significant role in determining students' success (Darling, 2000). Community environmental factors, including peer influence and exposure to social media, also significantly impact students' mental and social development (Steinberg, 2007).

Although these various factors are often discussed separately, they are actually interrelated. The interaction between internal and external factors can have a more complex impact on learners. For example, a student who is motivated to learn but does not receive support from his family environment may have difficulty maintaining his achievements. In contrast, students with the full support of family and teachers, despite having challenges in terms of cognitive abilities, can develop better through proper guidance.

METHOD

The writing method utilizes various literature sources, including books, notes, and other scientific references, to collect data. The process begins by identifying various discourses through information sources that align with the theme of the writing. The collected information is then analyzed using a content analysis approach, which aims to explore and evaluate reference sources related to Factors Affecting Students. The research results are presented in descriptive form, arranged narratively, and explained in detail in this journal.

RESULT AND DISCUSSION
Internal Factors that affect students in the learning process

An individual who is in the learning stage has a factor that exists called an internal factor, divided into two, according to Nursyaidah (2014):
Physical
Health

Good physical health is essential to support students' learning activities. Disturbed health, both by chronic and temporary diseases, can reduce the ability to concentrate, stamina, and motivation to study. If you experience health problems, the learning process will be disrupted, and you will quickly feel tired, have a lack of enthusiasm, have quick headaches, drowsiness, and other disorders that will be experienced by unhealthy people, and will automatically also interfere with the learning process.
Body Disabilities

The imperfect condition of body parts is called a defect; for example, if you cannot see entirely or partially (blind), there are parts of the body that are not functioning and others. Students who are in these conditions will be disrupted in their learning process. Disability, learning. People with physical disabilities need physical aids to participate in class activities. If school facilities or the curriculum are not adapted to their bodily needs, these children can fall behind in lessons. Research by Somantri emphasizes that adaptation to the learning environment, including infrastructure adjustments and the provision of assistive devices, is the key to the success of inclusive education for children with disabilities (Somantri, 2006).

Psychological factors

Genes and innate traits

Amini and Naimah explained that abilities acquired from parents significantly affect individuals' physical, cognitive, and emotional development. A family history of illness or disorder can be passed down to individuals and increase the likelihood of experiencing something similar. Parents can also lower the intelligence, traits, and personality of students, so they have a greater influence on intelligence than environmental factors (Afifah et al., 2023).

Intelligence

Intelligence is a skill that a person has, consisting of: a) The skill to adjust and deal with situations responsively and capably. b) Appropriate use of abstract matters, such as connecting knowledge with personal experience. c) Knowing the relationship or relationship between two people, between objects, or concepts and using them at the right time.

Intelligence has a significant influence on learning outcomes. A student's intelligence is at a high level (intelligence), and the success rate is also reasonable, and vice versa. However, high intelligence conditions do not guarantee success because learning is a complex process, and many things affect it.

Attention

Students' attention to the learning process is an important factor that affects the quality of learning. When students are able to pay full attention while learning, they tend to understand the material more easily, remember information, and apply the knowledge gained. On the other hand, lack of attention can cause disturbances in understanding and decreased concentration, resulting in suboptimal learning outcomes.

Developing the habit of paying full attention to the learning process requires practice and discipline. One way is to manage study time regularly, avoiding distractions such as gadgets or social media while studying. With good attention, students can be more active in discussing and completing assignments.

Interest

Interest is one important factor in student learning success. When students are interested in the material being studied, they tend to be more focused, motivated, and enthusiastic about learning. Conversely, lack of interest often leads to boredom, difficulty concentrating, and decreased learning outcomes (Slameto, 2015).

Relevance of the material, interesting learning approaches, and positive experiences can foster learning interest (Sardiman, 2012). Interested students are usually more persistent in facing challenges and actively seeking additional information. Therefore, teachers and parents play an important role in building students' interest by relating lessons to things they like (Winkel, 2009).

With high interest, students learn to achieve results and enjoy the process, making learning more meaningful.

Talent

Talent is a natural power humans possess in specific fields, such as art, sports, or mathematics. Students with talent in a field tend to understand related material more easily and quickly. For example, students with mathematical talent will be more interested and able to solve problems well. Talent alone is not enough. A supportive environment, such as teacher guidance, facilities, and motivation, is needed to develop these talents (Salmeto, 2025).

Motivation

Motivation is a person's state of being driven by the internal or external side of himself, which greatly affects his spirit and learning efforts.

Intrinsic motivation is motivation that originates within a person, such as curiosity or the desire to achieve. Extinct motivations, on the other hand, come from outside, such as compliments, rewards, or the desire to get high grades.

Motivated students tend to be more persistent and enthusiastic in completing assignments. On the other hand, without motivation, students quickly feel bored or give up (Sardiman, 2012).

Maturity

Maturity is the condition of a student's physical, mental, and emotional development appropriate to their age and stage of development.

Physically and mentally mature students can understand complex materials, such as mathematical abstractions or literature analysis. Emotional maturity helps students control stress and cooperate with friends. Subject matter must be adjusted to students' maturity stages so that it is neither too difficult nor too easy (Winkel, 2009).

Readiness

Learning readiness includes physical (physical health), mental (thinking ability), and emotional (interest and motivation) aspects. Physically prepared students (e.g., well-asleep and healthy) can concentrate well. Mental readiness allows students to understand lessons more effectively. Emotional readiness makes students more open to new challenges.

Teachers and parents must help create conditions that support student readiness, such as a comfortable learning environment (Shah, 2010).

Fatigue factors

Fatigue is a significant factor that can affect students' cognitive, emotional, and physical development. It can take two main forms: physical fatigue and spiritual fatigue. Physical fatigue is usually caused by excessive physical activity, lack of rest time, and an unhealthy lifestyle. Spiritual exhaustion is often related to emotional distress, lack of motivation, or an imbalance between spiritual needs and worldly demands.

Physical fatigue can decrease students' stamina and concentration, affecting their ability to complete academic tasks optimally. Spiritual exhaustion, such as a loss of meaning in learning or excessive inner pressure, can trigger stress, anxiety, and even depression. Research shows that these two forms of fatigue are interrelated and contribute to declining students' academic performance (Lopez et al., 2019).

Students must implement a healthy lifestyle to overcome physical fatigue, such as managing adequate rest time, eating nutritious food, and regularly doing light physical activity. On the other hand, spiritual fatigue can be overcome through spiritual approaches, such as strengthening the relationship with God through worship, dhikr, and prayer. In addition, educational institutions also need to create an environment that supports a balance between academic demands and students' needs to rest and develop spiritually (Kulikowski, K., 2021). With this holistic approach, students are expected to create optimally without being hindered by inhibiting fatigue.

External factors that affect the development of students
Parents

Parents have a crucial role in determining the development of students, both academically, emotionally, and socially. The family environment, which is influenced by parenting, parental education level, and the emotional and economic stability of the family, is the initial foundation for shaping the character and potential of students. For example, supportive and democratic parenting can encourage children to be more confident and motivated in learning. In contrast, authoritarian or permissive parenting often hurts their emotional development and learning attitude (Baumrind, D. (1991).

Family economic factors also have a significant impact. Parents who can provide adequate educational facilities, such as books, access to technology, and a conducive learning environment, provide more essential opportunities for children to achieve academic success. On the other hand, economic instability can cause psychological stress in children, potentially disrupting their focus on learning. In addition, the level of parental education also affects the way they support and guide children in the learning process. Parents with higher levels of education tend to understand their children's educational needs better and provide practical guidance (Fan et al., 2001).

However, not just material factors play a role; the emotional presence and moral support of parents are also very important. Good communication between parents and children, appreciation for children's efforts, and strengthening moral and spiritual values can help students develop strong and responsible character. Thus, parents who are actively involved in their children's education not only help them achieve academic achievement but also support their overall development.

Factors that come from school

Schools play an essential role in shaping students' development through the quality of teachers, curriculum, physical environment, and school culture. Competent teachers deliver the material well and build positive relationships that increase student motivation (Hattie, 2009). In addition, adequate facilities and a conducive environment optimally support the learning process.

A school culture that instills positive values such as tolerance and responsibility and provides space for character development through extracurricular activities also influences the formation of students' personalities. With good management, schools can majorly support students' academic and emotional development (Bronfenbrenner, 1979).

Competent, motivated teachers who use innovative teaching methods will help students learn more effectively. Conversely, a less conducive learning environment and monotonous teaching can reduce students' learning motivation (Usman, 2010).

Facilities such as libraries, laboratories, computer rooms, and educational technology support learning. Schools with complete facilities can help students understand more quickly and deeply.

The school environment, such as the relationship between students and the teacher's attitude, also affects the learning process. Schools that create a positive learning culture in which students feel valued, supported, and safe will motivate them to engage in the learning process. Meanwhile, a stressful or conflicting environment can interfere with students' concentration and motivation to learn.

Factors that come from the community

The community as a social environment plays a significant role in shaping the development of students. The surrounding environment, social norms, and community support significantly influence the formation of students' character and mindset. For example, an environment conducive to education, such as study groups or public facilities that support learning, can motivate

students to develop. Conversely, an environment filled with social conflicts, negative behaviors, or lack of attention to education can hinder student development (Bronfenbrenner, 1979).

A society that values higher education will encourage children to pursue academic achievements. Conversely, a society that does not appreciate education can cause children to lose motivation or feel that they do not need to work hard to learn (Usman, 2010).

Do'a Factor

Prayer has a vital role as one of the spiritual factors that affect the development of students. Prayer is a means of communication between humans and God and provides inner strength, peace of mind, and hope. Students used to praying tend to have better emotional resilience, optimism, and confidence in facing life's challenges, including in education. According to research, a dimension of spirituality, such as prayer, helps reduce stress and improve individual concentration and motivation (Koenig, 2012).

Not only individual prayers, prayers offered by parents and teachers are also believed to have a positive influence. In religious traditions, prayer is considered a form of spiritual support that strengthens emotional bonds and brings blessings to children's development. In addition, praying in the family or school environment builds a positive mindset and gratitude in students (Wahyudi, 2015).

Holistically, prayer is a supporting factor that complements real learning efforts. By balancing physical effort and spiritual strength, learners can optimally develop their academic, emotional, and moral potential. Thus, prayer is not only a religious practice but also an important component in shaping students' personalities (Nasution, 2020).

Relationship Between Factors

Internal and external factors do not work separately but are interconnected and mutually influencing. For example, students who are highly motivated (internal factors) will find it easier to take advantage of a conducive learning environment (external factors), such as school facilities and family support. Conversely, low motivation to learn due to emotional problems can be exacerbated by a less supportive external environment, such as conflict at home or negative peers.

A student with health problems may need special attention and help from parents to study well. Concerned parents will look for solutions, such as providing nutritious meals or time to help with learning at home, so that children can stay in class despite physical challenges.

This association shows that attention must be balanced between internal and external factors to maximize student learning outcomes.

Internal factors provide the primary foundation for students' learning. However, their success depends on external factors such as parental support, school quality, and community influence. Students can achieve their maximum potential in their learning process only with the synergy between internal and external factors.

CONCLUSION

Based on the discussion in this paper, it can be concluded that various internal and external factors influence the development of students. Internal factors include individuals' physical, mental, and motivational conditions, while external factors come from the family, school, and community environments.

As the first environment, family plays an important role in shaping students' values, character, and emotional support. With their quality teachers, facilities, and applied culture, schools become the main agents in formal learning and skill development. Meanwhile, society

exerts influence through social norms, the physical environment, and the community, which can support or hinder student development.

Harmony between these factors is the key to creating optimal conditions for students' holistic development. Therefore, cooperation between families, schools, and the community is needed to provide continuous support so that students can develop into individuals who are accomplished, moral, and ready to face future challenges.

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