

Methods of *Tadabbur* on the Qur'an for Gen Z: A Review of the Study of Surah Al-Qiyamah in the Book *A Journey to Al-Qiyamah* by Ngafal Ngefeel

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Abstract: The development of Qur'anic educational media has encouraged the emergence of new forms of *tadabbur* that seek to accommodate the learning characteristics of Generation Z. This study aims to analyze the construction of the *tadabbur* method in *A Journey to Al-Qiyamah* by Ngafal Ngefeel and to examine its strengths, limitations, and conceptual relevance to Generation Z. This study employs qualitative library research, with *A Journey to Al-Qiyamah* as the primary source and relevant scholarly literature as secondary sources. The analysis focused on the construction of *tadabbur* through the presentation of Qur'anic verses, Insight Ayat, Reflection, Action Plan, and visual illustrations. The findings show that the book constructs a reflective, contextual, and action-oriented pattern of *tadabbur* in which understanding the verses is followed by contextual reflection, self-evaluation, and formulation of practical responses. The strengths of the method include its systematic structure, accessible presentation, and integration of reflection with practical application, while its limitation lies in the concise exegetical discussion, which restricts deeper engagement with linguistic, contextual, and interpretive dimensions of the verses. These findings contribute to the study of contemporary *tadabbur* by showing how a popular Qur'anic book constructs a distinctive reflective and practical model for younger readers.

Abstrak: Perkembangan media pendidikan Al-Qur'an telah mendorong munculnya bentuk-bentuk *tadabbur* baru yang berupaya mengakomodasi karakteristik belajar Generasi Z. Penelitian ini bertujuan untuk menganalisis konstruksi metode *tadabbur* dalam buku *A Journey to Al-Qiyamah* karya Ngafal Ngefeel serta mengkaji keunggulan, keterbatasan, dan relevansi konseptualnya bagi Generasi Z. Penelitian ini menggunakan metode penelitian kepustakaan kualitatif, dengan buku *A Journey to Al-Qiyamah* sebagai sumber primer dan literatur ilmiah yang relevan sebagai sumber sekunder. Analisis difokuskan pada konstruksi *tadabbur* melalui penyajian ayat-ayat Al-Qur'an, Insight Ayat, refleksi, rencana aksi, dan ilustrasi visual. Hasil penelitian menunjukkan bahwa buku tersebut membangun pola *tadabbur* yang reflektif, kontekstual, dan



berorientasi pada tindakan, yaitu pemahaman ayat diikuti dengan refleksi kontekstual, evaluasi diri, dan perumusan respons praktis. Keunggulan metode ini meliputi struktur yang sistematis, penyajian yang mudah dipahami, serta integrasi refleksi dengan penerapan praktis, sedangkan keterbatasannya terletak pada pembahasan tafsir yang ringkas sehingga membatasi pendalaman terhadap dimensi kebahasaan, kontekstual, dan interpretatif ayat-ayat tersebut. Temuan ini berkontribusi terhadap kajian tadabbur kontemporer dengan menunjukkan bagaimana sebuah buku Al-Qur'an populer membangun model reflektif dan praktis yang khas bagi pembaca muda.

INTRODUCTION

Advances in digital technology and the social dynamics of Generation Z have brought about changes in how young people understand and interact with religious texts, including the Qur'an. This generation, born between 1997 and 2012, is generally more interested in learning models that are practical, concise, visual, and interactive. These conditions underscore the need for an approach to teaching the Qur'an that can adapt to the changing times without compromising the essence and Qur'anic values it contains (Mukollish, 2024). Therefore, a reflective and contextual approach to understanding the Qur'an is becoming increasingly relevant in contemporary Islamic education.

One of the emerging methods for understanding the Qur'an is *tadabbur* al-Qur'an. *Tadabbur* is the process of deeply reflecting on the verses of the Qur'an by relating their meanings to the realities of human life. While exegesis generally places greater emphasis on linguistic, legal, and other scholarly aspects, *tadabbur* focuses more on spiritual appreciation, emotional engagement, and the development of the reader's moral consciousness (Rosy, 2019). This approach is considered capable of helping readers understand the message of the Qur'an in a more reflective and contextual manner, so that their understanding does not stop at purely theoretical aspects. In addition, *tadabbur* also plays a role in fostering an emotional and spiritual connection between people and the Qur'an, especially for the younger generation living amid the development of digital culture and the rapid flow of information (Mansur & Ridwan, 2022).

Teaching Qur'anic reflection in the digital age still faces various obstacles. Generation Z, which is familiar with technological advancements and digital media, tends to prefer interactive, visual, and communicative learning methods over conventional approaches that are formal and monotonous. This situation has led some young people to lose interest in Qur'anic studies presented through lengthy discussions using language that is difficult to understand. Therefore, a Qur'anic learning approach is needed that is more adaptable to digital culture and the learning characteristics of Generation Z so that the messages of the Qur'an can be understood more effectively and relevantly (Laka dkk., 2024).

However, this need has not yet been fully met in the practice of conveying Qur'anic reflection. Much of the *tadabbur* material is still presented through thick tafsir books, in stiff language, or with explanations that lack visual elements, making it less appealing to Generation Z. On the other hand, various new and more relevant initiatives are beginning

to emerge, including popular works that combine lighthearted narratives, brief reflections, and multimedia elements to bridge the gap with a young audience. One notable work in this category is *A Journey to Al Qiyamah* by Ngafal Ngefeel, which presents a *tadabbur* of Surah Al-Qiyamah in a simple style that resonates with the mindset of the digital generation. The book's presence and influence are also evident in library catalogs as well as various social media posts and video platform content discussing it.

Several previous studies have examined Qur'anic reflection in various contexts. For example, a study on Qur'an journaling examined the practice of *tadabbur* of the Qur'an through reflective activities in a virtual community (Abadijah & Dardum, 2025). Meanwhile, another study discussed multimedia-based Qur'an learning designed to suit the characteristics of Generation Z (Ababil et al., 2024). However, these studies have not yet examined the characteristics of *tadabbur* media presented in the form of popular books that integrate Qur'anic verses, reflective narratives, visual illustrations, and reflective activities as a unified *tadabbur* model for Generation Z. Therefore, this study aims to fill this gap by analyzing the book *A Journey to Al-Qiyamah* by Ngafal Ngefeel as a *tadabbur* model adapted to the characteristics of Generation Z.

Based on the above discussion, this study aims to analyze the *tadabbur* method applied in the book *A Journey to Al-Qiyamah* by Ngafal Ngefeel and to examine its relevance as a model of Qur'anic *tadabbur* that is adapted to the characteristics of Generation Z. The results of this study are expected to contribute to the development of Qur'anic *tadabbur* studies, particularly regarding the use of popular media as a means of learning about and reflecting on the Qur'an for the younger generation.

METHOD

This study employs a literature review methodology, which involves collecting data from texts, books, journals, articles, and specific writings. According to Zed (Zed, 2008) there are four stages in a literature review: preparing the necessary tools and materials; compiling reference sources; organizing the research schedule; and reading and recording various data relevant to the research study.

The data collection method used in this study was the documentation method, which involved reviewing and examining various written documents relevant to the research focus, including books, notes, archives, journals, and other official documents. This method was used to obtain theoretical and factual data stored in written form. (Sugiyono, 2018)

Data analysis was based on qualitative content analysis, a technique used to systematically identify, categorize, and interpret themes found in a text (Mayring, 2014). In this study, the analysis was conducted in several stages: an intensive reading of the entire book, identifying the forms of *tadabbur* presented, grouping the data into thematic categories, and then interpreting their meanings and relevance as a model of Qur'anic *tadabbur* for Generation Z. The results of the analysis were then linked to *tadabbur* theory and the characteristics of Generation Z to arrive at comprehensive conclusions.

RESULT AND DISCUSSION

Result

Book Profile: A Journey to Al-Qiyamah

The book *A Journey to Al-Qiyamah* is one of the works on Qur'anic reflection published by the Ngafal Ngefeel (NN) Community. This community was founded in 2020 on the initiative of Siti and Dian in response to a trend in Qur'anic education that places greater emphasis on achieving memorization targets rather than on understanding and internalizing the meaning of the verses (Siti, t.t.). According to its founders, a learning approach that is overly focused on quantitative aspects has the potential to create pressure, encourage comparisons with others, and diminish the quality of one's interaction with the Qur'an.

To foster a more meaningful interaction with the Qur'an, the Ngafal Ngefeel Community has developed a learning model that focuses not only on memorization but also on understanding and internalizing the meaning of the verses. This approach is realized through the 3M method, which includes memorization, understanding Qur'anic vocabulary, and comprehending the meaning of the memorized verses. Thus, the process of learning the Qur'an emphasizes not only cognitive aspects but also the participants' spiritual experience in interacting with the verses of the Qur'an (Agustin & Yudelnilastia, 2025). To support this learning process, Ngafal Ngefeel utilizes various media that resonate with the lives of the younger generation, such as digital apps, podcasts, and social media. The use of these media is combined with communicative language and engaging presentation of the material so that learning the Qur'an can be experienced in a more contextual and relevant way for today's youth. This approach is considered effective in helping participants build an emotional connection with the Qur'an and increase their interest in studying its contents (Agustin Efendi, 2024).

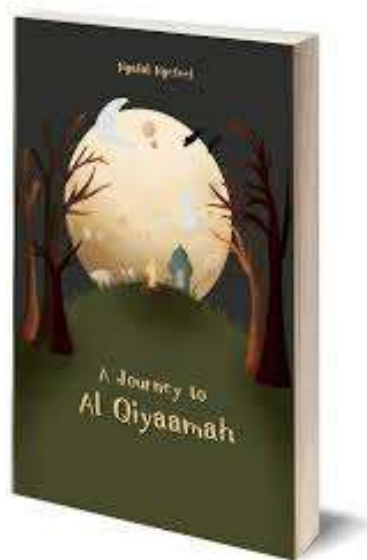


Figure 1.
Book Cover: A Journey to Al-Qiyamah

The book *A Journey to Al-Qiyamah* is one of the works published by the Ngafal Ngefeel community. This book explores Surah Al-Qiyamah and the theme of the afterlife through the approach of *tadabbur* of the Qur'an. Based on a review of Ngafal Ngefeel's publications, *A Journey to Al-Qiyamah* is part of a series of surah studies developed by the Ngafal Ngefeel community. (Khaerani dkk., 2023). The presentation style in The book *A Journey to Al-Qiyamah* shows an approach to *tadabbur* that is not only focused on conveying religious information but also on fostering a reflective experience for the reader. This is evident in the use of communicative language, narratives that are closely tied to everyday life, and the incorporation of visual elements that aid in the interpretation of the verses.

Table 1.
General Description of the Book *A Journey to Al-Qiyamah*

Aspect	Description
Book Title	A Journey To Al-Qiyamah
Author	The Ngafal Ngefeel Community
Publisher	Halaman Moeka Publishing
Year of Publication	2022
Number of Pages	134 Pages
Main Theme	Preparing for the afterlife based on the values of the Qur'an
Target Audience	Teens, Young People (Gen Z)
Format	Qur'anic verses, reflections, narratives, and supporting visuals

An Analysis of the Concepts and Characteristics of *Tadabbur* Al-Qur'an in the Book *A Journey to Al-Qiyamah*

The concept of *tadabbur* in this book is also evident in its effort to connect the content of the verses with the readers' life experiences. Themes such as death, the Day of Resurrection, reckoning, heaven, and hell are not only explained from an informative perspective but are also linked to the spiritual condition of human beings, thereby encouraging readers to reflect on their deeds and the purpose of their lives. According to Suhartawan (Suhartawan, 2022), *tadabbur* does not stop at understanding the meaning of the verses; rather, it must give rise to awareness and a change in attitude that is reflected in daily life. These characteristics are evident in the various discussions found in the book *A Journey to Al-Qiyamah*.

Based on the results of the analysis, the book *A Journey to Al-Qiyamah* develops the concept of *tadabbur*, which focuses not only on understanding the textual meaning of the verses but also on the process of reflection and internalization of the Qur'an's messages. The discussion in this book is designed to help readers understand the connection between the content of the verses and the realities of life, so that *tadabbur*

does not stop at the cognitive level but also touches on the affective and spiritual dimensions. This approach aligns with the understanding of *tadabbur* as the activity of deeply contemplating the verses of the Qur'an to gain guidance, lessons, and wisdom that can be applied in daily life (Ishaq & Maulana Hamid, 2022).

In addition, the analysis shows that the presentation of *tadabbur* in this book has several distinctive characteristics, such as the use of communicative language, the inclusion of personal reflections, the use of visual illustrations, and the provision of reflection sheets and action plans for readers. These characteristics indicate an effort to provide a more interactive *tadabbur* experience that is attuned to the needs of today's readers. These findings will be discussed in greater detail in the following section.

The Presentation of Qur'anic Verses as the Basis for Tadabbur

The book *A Journey to Al-Qiyamah* presents verses from the Qur'an along with their translations as a foundation before delving into the discussion of *tadabbur*. This presentation style demonstrates that the process of reflection is built directly from the Qur'anic text, so that readers first understand the verses that are the subject of *tadabbur*. Presenting the verses as the starting point of the discussion aligns with the concept of *tadabbur*, which positions the Qur'an as the primary source of contemplation and the derivation of wisdom. Through *tadabbur*, readers are guided not only to understand the meaning of the verses but also to explore the messages and lessons contained within them to serve as a guide in their daily lives (Shihab, 2013). This concept is in line with the approach taken in the book *A Journey to Al-Qiyamah*, which guides readers not only to understand the meaning of the verses but also to reflect on and internalize the messages of the Qur'an in their daily lives.



Figure 2.
Presentation of a Verse from the Qur'an as an Introduction

Presenting the verses and their translations separately at the beginning of the discussion allows readers to engage directly with the text of the Qur'an before delving into a more in-depth explanation. This aligns with the concept of human interaction with the Qur'an, which positions the reader as a subject directly engaged with the text before proceeding to further interpretation (Akbar, 2022).

This presentation shows that the *A Journey to Al-Qiyamah* book does not treat reflection as a substitute for the meaning of the verses, but rather as a tool to help readers gradually internalize the message of the Qur'an. Thus, this structure maintains the Qur'an's central role in the discussion while facilitating the process of *tadabbur* for readers who do not yet understand deeper exegesis.

An Insight and Reflection Approach to the Verses

The use of the Insight Verse section in the book *A Journey to Al-Qiyamah* demonstrates the application of a narrative-reflective approach in conveying the message of the Qur'an. Through communicative narratives, readers not only gain information about the content of the verses but are also invited to reflect and connect the verses' messages with their own life experiences. This approach aligns with the concept of narrative pedagogy, which views narrative as a means of shaping values, as it fosters dialogue, reflection, and the reader's emotional engagement with the message being conveyed (Al-Muta'aliyah dkk., 2026). This means that the process of *tadabbur* presented in this book does not stop at understanding the meaning of the verses but extends to the internalization of values and deeper reflection on daily life.



Figure 3.

Presenting Insights from the Verses in a Communicative and Reflective Manner

Based on the analysis, the presentation of "Insight Ayat" in this book serves as a bridge between the text of the Qur'an and the reader's experience. The explanations are presented in simple, communicative language that is grounded in real-life experiences,

making it easier for readers to understand the relevance of the Qur'an's message in today's context. These characteristics align with the approach developed by the Ngafal Ngefeel Community, which integrates the aspects of memorizing, understanding, and internalizing the meaning of the Qur'an through a lighthearted and contextual presentation, making it more accessible to the younger generation (Khaerani dkk., 2023).

Readers not only gain insight into the meaning of the verses but are also invited to reflect on their own circumstances through reflective narratives. In addition to aiding the comprehension process, this approach helps foster an emotional connection between readers and the verses being discussed, as the Qur'an's message is linked to their daily experiences and realities. Reflective narratives are known to encourage emotional engagement and help readers develop empathy and a deeper appreciation for the messages conveyed (Susanto & Purwanta, 2022). Therefore, the presentation style in the book *A Journey to Al-Qiyamah* indicates that *tadabbur* is intended to foster a deep appreciation and internalization of the values of the Qur'an, rather than merely a cognitive understanding of the meaning of the verses.

These findings indicate that the presentation of Insight Ayat serves not only to explain the content of the verses but also as a medium that connects the message of the Qur'an with the realities of the readers' lives. This approach demonstrates that the process of *tadabbur* in the book *A Journey to Al-Qiyamah* is aimed at building personal reflection, thus encouraging readers to make the values of the Qur'an the foundation for addressing various life issues.

Use of the Reflection Sheet and Action Plan

One of the features that distinguishes *A Journey to Al-Qiyamah* from most other books on Qur'anic studies is the inclusion of "Reflection" and "Action Plan" sections at the end of each discussion. These features provide space for readers to jot down the lessons they have learned and the concrete steps they will take after understanding the meaning of the verses. Thus, the process of *tadabbur* does not end with reading and understanding but continues into the stages of reflection and the implementation of the Qur'an's values in daily life.



Figure 4.

Reflection Sheet and Action Plan Following the *Tadabbur* Process

Based on the results of the analysis, the reflection sheets in this book serve as a tool for self-evaluation that helps readers connect the messages of the verses with their own experiences and life circumstances. Through the reflective questions provided, readers are encouraged to engage in muhasabah so that the process of understanding the Qur'an does not take place solely on a cognitive level but also touches upon the affective and spiritual dimensions. According to Nurrohim (Nurrohim, 2016) the process of reflection and self-evaluation plays a crucial role in character development because it encourages individuals to recognize their shortcomings, improve their attitudes, and cultivate better behavior.

Besides that, the inclusion of an Action Plan indicates that the *tadabbur* in this book is aimed at behavioral change, not merely at increasing knowledge. Readers are not only invited to understand the message of the verses but also to formulate concrete steps as a way of putting into practice the values gained from the *tadabbur* process. This approach aligns with the opinion of Muslich (Muslich, 2018) who states that character education is not sufficient if it is carried out solely through the imparting of knowledge; rather, it must be followed by habit formation and concrete actions so that the values learned can be internalized in daily life.

The inclusion of Reflection and Action Plan worksheets in the book *A Journey to Al-Qiyamah* demonstrates that the process of *tadabbur* is not only directed toward understanding the content of the verses but also toward fostering self-awareness and behavioral change through reflection and concrete action. This finding suggests that these features serve as a bridge between the process of understanding the verses and the implementation of Qur'anic values in daily life. This aligns with the research by Muna, Suhaili, and Gumilang (Muna et al., 2024), which states that the practice of reflection in Islamic education plays a role in character building, enhancing spiritual awareness, and encouraging the implementation of Islamic values in students' lives. Thus, the *tadabbur*

model presented in this book does not stop at the aspect of understanding but also guides readers toward the process of internalizing the values of the Qur'an through reflection and concrete actions.

The Use of Visual Illustrations

Based on the analysis, the book *A Journey to Al-Qiyamah* not only presents Qur'anic verses and reflections on them in textual form but also utilizes visual illustrations relevant to the topics under discussion. One example can be seen in the discussion of death, where illustrations are used to reinforce the message contained in the verses. These visual elements help readers form a more concrete picture of the topic being discussed. This aligns with the findings of Primasari and Ningsih (Primasari & Ningsih, 2023) who state that visual elements appropriate to the reading's theme can illustrate the message more specifically, thereby helping readers construct meaning from the text. Thus, the process of *tadabbur* in the book *A Journey to Al-Qiyamah* takes place not only through the act of reading but also through visual observation that supports the interpretation of the Qur'an's message.

The use of illustrations in this book demonstrates that visual media not only serve as a complement to the text but are an integral part of the strategy for conveying *tadabbur*, helping readers connect the message of the verses with more concrete experiences. This finding indicates that illustrations act as a bridge between the text of the Qur'an and the reader's reflective process, making the meaning of the verses easier to understand and internalize. This approach is relevant to the characteristics of Generation Z, who tend to prefer visual and multimodal learning, thereby making the process of *tadabbur* more engaging, contextual, and accessible (Ababil et al., 2024).



Figure 5.
Visual illustrations to reinforce the meaning of the verse

These characteristics are also relevant to the tendencies of Generation Z as a group that has grown up amid the development of digital technology. This generation is accustomed to obtaining information through various media that combine text, images, videos, and other visual elements. Hayati (Hayati, 2024) explains that Generation Z exhibits learning characteristics that are responsive to visual and interactive learning because they have grown up in an environment saturated with digital technology. Therefore, the use of visual illustrations in the book *A Journey to Al-Qiyamah* can be an effective strategy for capturing the attention of young readers while helping them understand and internalize the messages contained in the verses of the Qur'an.

Discussion

The Relevance of the *Tadabbur* Approach in *A Journey to Al-Qiyamah* to Generation Z

The research findings indicate that the *tadabbur* approach used in the book *A Journey to Al-Qiyamah* is relevant to the needs of Generation Z. This is evident in the use of reflective narratives through the "Insight Ayat" section, the use of visual illustrations that support the interpretation of verses, and the inclusion of "Reflection" and "Action Plan" worksheets that encourage readers to engage in continuous self-reflection and self-improvement. These characteristics indicate that this book serves not only as a medium for conveying religious information but also as a means of internalizing the values of the Qur'an. This finding aligns with the research by Alim (Ab Alim dkk., 2026) which shows that the process of *tadabbur* accompanied by reflection can foster self-awareness and the implementation of Qur'anic values in daily life.

This relevance can be understood through the characteristics of Gen Z as a generation born and raised amid the development of digital technology. This generation is accustomed to obtaining information through media that combines text, images, videos, and other visual elements. Hayati (Hayati, 2024) explains that Generation Z exhibits learning characteristics that are responsive to visual and interactive learning because they grew up in an environment saturated with digital technology. Similar findings were also presented by Manjilatul Urba (Manjillatul Urba dkk., 2024) who stated that Generation Z tends to more easily understand information presented through audiovisual and multimodal media. Therefore, the use of visual illustrations in the book *A Journey to Al-Qiyamah* is one of the factors that supports the effectiveness of conveying the message of *tadabbur* to young readers.

These findings are also consistent with the research by Azkian and Sulthoni (Azkian Nur & Sulthoni, 2024) on the book *Tadabbur Al-Qur'an for Kids*. That study showed that the use of visual illustrations, images, and interactive presentations can help readers understand the content of the Qur'an more easily, foster engagement in the learning process, and encourage a deeper appreciation of the messages presented. Although the subject of study differs, the results of that research reinforce the finding that visualization can be an effective tool in supporting the process of *tadabbur* of the Qur'an.

In addition to the visual aspects, the use of reflective narratives in the "Insight Ayat" section reflects an effort to present a more personal and contextual process of

tadabbur. Readers not only receive an explanation of the verse's meaning but are also invited to connect the Qur'an's message with their own life experiences. This finding aligns with the concept of narrative pedagogy, which positions narrative as a means of fostering reflection, emotional engagement, and the internalization of values. Al-Muta'aliyah (Al-Muta'aliyah dkk., 2026) explains that the narrative approach encourages students to actively engage in the process of making sense of the text, ensuring that learning does not stop at the cognitive level alone. Thus, the "Insight Ayat" rubric serves as a bridge between understanding the verse and internalizing the values it contains.

Another feature that reinforces the relevance of this book for Generation Z is the inclusion of "Reflection" and "Action Plan" sections. These two sections encourage readers to evaluate themselves while also planning concrete steps to take after engaging in *tadabbur*. This approach aligns with the concept of reflective learning, which emphasizes the importance of the reflective process as the foundation for shaping actions and behavioral change. Alim (Ab Alim dkk., 2026) shows that reflecting on verses from the Qur'an can help students connect the knowledge they gain to their daily lives. Therefore, the *tadabbur* presented in this book is oriented not only toward understanding but also toward personal transformation through concrete actions. From the Qur'anic perspective, blessings are not limited to spiritual aspects but also encompass moral and social transformation, which are reflected in human behavior (Ridhwanul Haq dkk., 2024).

Based on the research findings, *A Journey to Al-Qiyamah* offers an adaptive model of *tadabbur* tailored to the characteristics of Generation Z through a combination of Qur'anic verses, reflective narratives, visual illustrations, and reflection activities and action plans. This combination makes the *tadabbur* process more engaging, contextual, and practical, aligning with Generation Z's preference for visual and interactive learning (Ababil et al., 2024; Fiqriani et al., 2025). Therefore, this book contributes to the development of Qur'anic *tadabbur* resources that foster the understanding, internalization, and implementation of Qur'anic values in daily life.

The findings of this study indicate that the *tadabbur* in the book *A Journey to Al-Qiyamah* is not only focused on understanding the verses but also on efforts to present the values of the Qur'an as a guide for facing the various challenges of modern life. These findings are consistent with the view of Akhmad Sulthoni, who asserts that the Qur'an has enduring relevance in addressing human problems in every era. (Sulthoni, 2018).

Therefore, the model of *tadabbur* presented in this book not only promotes an understanding of the Qur'an's message but also helps readers apply these values in their daily lives, making it more relevant to the needs of the younger generation in the digital age.

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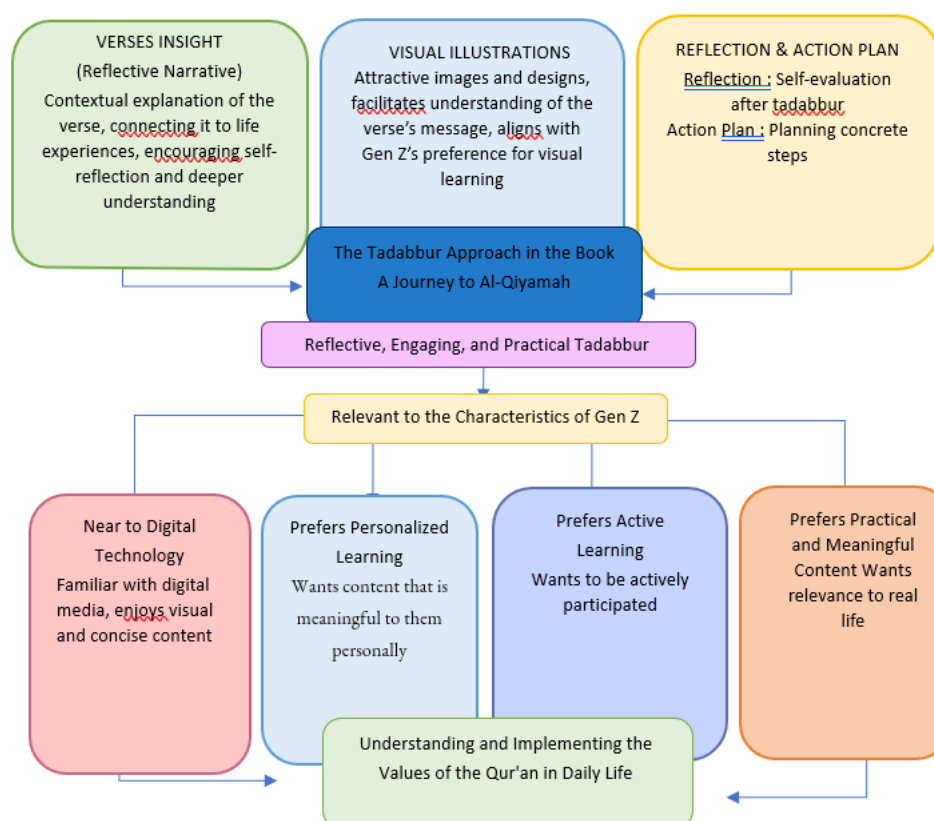


Figure 6.

Mind Map on the Relevance of *Tadabbur* in the Book *A Journey to Al-Qiyamah* for Gen Z

The Advantages and Disadvantages of Books as a Medium for Reflecting on the Qur'an

Based on the results of the analysis, the book *A Journey to Al-Qiyamah* has several strengths that support its function as a medium for *tadabbur* of the Qur'an. One of the book's main strengths lies in its reflective and communicative presentation of material through the "Insight Ayat" section. This section not only explains the content of the verses but also invites readers to reflect on the messages they contain and relate them to the realities of daily life. This approach aligns with the concept of narrative pedagogy, which emphasizes the importance of reflection and personal engagement in the learning process so that the values being learned can be internalized more deeply (Al-Muta'aliyah dkk., 2026)

Another notable strength is the use of visual illustrations that are integrated with the topics discussed. These visuals not only serve as aesthetic elements but also help readers develop a more concrete understanding of the messages conveyed. According to Primasari and Ningsih (Primasari & Ningsih, 2023) visual elements play a crucial role in helping readers construct meaning and clarify the information presented in a text. Therefore, the use of illustrations in this book can strengthen the process of interpreting the verses while also increasing readers' interest in the *tadabbur* material presented.

Furthermore, the inclusion of Reflection and Action Plan sections serves as a key feature that reinforces the book's function as a practical learning tool. These two sections

provide readers with the opportunity to evaluate themselves and plan concrete steps after comprehending the message of the verses. This finding is consistent with the research by Alim (Ab Alim dkk., 2026) which shows that reflective activities in Qur'anic learning can foster self-awareness and help students implement the values they have learned in their daily lives. Thus, the process of *tadabbur* does not stop at understanding the meaning of the verses but continues through efforts at self-improvement and behavioral change.

These strengths make the book *A Journey to Al-Qiyamah* relevant to the needs of today's readers, particularly Generation Z. This generation tends to prefer information that is visual, interactive, and directly relevant to their life experiences. Therefore, the combination of reflective narratives, visual illustrations, and reflective activities in this book offers young readers a more engaging and meaningful experience of *tadabbur* (Manjillatul Urba dkk., 2024).

These findings are consistent with research by Ahmad Teza (Teza dkk., 2024) which shows that the use of images, visualizations, and accessible language in Qur'an-based books can help readers understand the messages conveyed more easily. In addition to supporting the comprehension process, an engaging presentation also helps encourage readers to internalize and put into practice the values contained in the Qur'an.

Although it has several strengths, the book *A Journey to Al-Qiyamah* also has some limitations as a resource for reflecting on the Qur'an. One of its limitations lies in its nature as a self-study resource that does not provide opportunities for interaction, discussion, or direct feedback. In fact, the reflective learning process will be more effective if readers are actively engaged through a guided reflection process and receive guidance in understanding and implementing the values of the Qur'an.

Research by Nur Saidah (Saidah, 2023) shows that the implementation of reflective learning strategies can improve students' understanding because it involves active reflection in the learning process. Therefore, the use of this book will be most effective when accompanied by guidance from a teacher, mentor, or study group so that the process of *tadabbur* does not stop at the stage of understanding the text but continues toward the internalization and practice of the values of the Qur'an.

In addition, the discussion of the verses in this book focuses more on reflection and contemplation; therefore, it does not provide an in-depth analysis of the verses, such as linguistic aspects, the reasons for revelation (*asbab al-nuzul*), the contextual relationships between verses, or differences of opinion among exegetes. Thus, this book is best regarded as a resource to support *tadabbur*, helping readers develop a closer relationship with the Qur'an, while a more comprehensive understanding of exegesis still requires consultation of exegetical works and literature on the sciences of the Qur'an.

CONCLUSION

This study shows that the book *A Journey to Al-Qiyamah* by Ngafal Ngefeel adopts an approach to *tadabbur* of the Qur'an that focuses on internalizing and reflecting on the messages of the verses. *Tadabbur* in this book is not only directed toward a textual understanding of the Qur'an's meaning but also toward building self-awareness and

encouraging readers to reflect on their spiritual condition and behavior based on the values contained in the Qur'an.

These characteristics are reflected in the "Insight Ayat" section, the use of visual illustrations, and the inclusion of "Reflection" and "Action Plan" worksheets. These elements support a more interactive and contextual *tadabbur* process, enabling readers not only to gain knowledge about the content of the verses but also to connect them to their life experiences and take concrete steps toward self-improvement.

This study contributes to the development of research on Qur'anic reflection (*tadabbur*), particularly by demonstrating that popular media can serve as an effective means of bringing the Qur'an closer to Generation Z without undermining the Qur'an's central role in the discussion. Therefore, these findings are expected to serve as a reference for writers, educators, and developers of Qur'anic educational media in designing *tadabbur* models that are more adaptable to the needs of the younger generation in the digital age.

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