

**THE EFFECTIVENESS OF YOGA IN INCREASING THE LEARNING
CONCENTRATION OF PRESCHOOL CHILDREN AT THE NATIONAL
KINDERGARTEN IN LAU TIMAH VILLAGE**

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ABSTRACT

Preschool children mean the basis of development in children, including attitudes, knowledge, skills, creativity and adjustment of their social environment. Based on the 2018 Riskesdas, a comparison of the development of children at the age of 36-59 months in Indonesia with a total development index of 88.3%, where 64.6% literacy, 97.8 5 development 88.3, where 64% literacy, 97.8% physical, 69 ,9% social emotional, and 95,2% learning. Obstacles that occurred during the Covid-19 pandemic, students had difficulty concentrating on studying from home and complained about the difficulty of assigning questions from teachers, increasing pressure and boredom due to continuous isolation, which has the potential to cause anxiety and depression for children. Research to determine the effect of children's yoga on the concentration of learning in preschool children. Methods: The population and sample in this study were kindergarten students with a total of 40 students, 20 students for the experimental group, and 20 students for the control group. This study uses a *quasi-experimental research* design of *Non Equevalent Control Grub Design* . The parametric hypothesis test is the paired sample t-test. The test results stated that there was a difference in the level of concentration in learning after being given the child's yoga treatment.

Keywords: Yoga, Learning Concentration, Preschool Children

INTRODUCTION

Preschool children mean the basis of development in children, including attitudes, knowledge, skills, creativity and adjustment of their social environment. Therefore, preschool education is education to help the development and growth of both physical and spiritual beyond the scope of

parents before entering basic education which will be formal or non-formal. Preschool education includes education, kindergarten education, play groups, and child care outside of school. Kindergarten age is 5 – 6 years old, while playing groups and child care are at least 4 years old (Zulfajri 2021) .

The impact of the COVID-19 pandemic has affected various sectors of the world's people's lives, including economic, social, and also education. The United Nations Educational, Scientific and Cultural Organization (UNESCO) stated that the corona virus outbreak had an impact on the education sector. Where 300 million students are disrupted from school activities around the world, it threatens to have an impact on education rights. (Astuti 2020)

Obstacles that occurred during the Covid-19 pandemic, students had difficulty concentrating on studying from home and complained about the difficulty of assigning questions from teachers, increasing pressure and boredom due to continuous isolation, which has the potential to cause anxiety and depression for children. The teacher's obstacle is the difficulty of implementing distance learning and more emphasis on determining the curriculum, when limited learning makes the teacher not fully meet the schedule of teaching hours, limited communication with parents to become friends at home. Obstacles come from parents, namely not all parents are able to accompany children to study at home for reasons of other responsibilities, parents have difficulty understanding their children's lessons and motivating children

when accompanying learning at home (Covid-19 Task Force, 2020).

Based on the 2018 Riskesdas, a comparison of the development of children at the age of 36-59 months in Indonesia with a total development index of 88.3%, where 64.6% literacy, 97.8 5 development 88.3, where 64% literacy, 97.8% physical, 69 ,9% social emotional, and 95,2% learning (Ida Sofiyanti 2021) .

Concentration in the Big Indonesian Dictionary (KBBI) is the concentration of attention or thoughts on something. There are also those who interpret learning concentration as focusing on something so that a person does not remember things other than what he is currently facing.

Yoga or meditation is an alternative method that can stimulate gross motor skills so that children can get good growth and development, and it is one of the alternative methods currently used in the western world and Indonesia. (Khotijah et al. 2021)

Yoga can provide a calm state, according to the child's condition which has various benefits of increasing concentration, self-calm, self-esteem, and self-confidence in children, and increasing cognitive and behavior in the learning process as academic achievement will increase. (Ida Sofiyanti 2021)

METHOD

The research was conducted at the Kana National Kindergarten (TK) in Lau Timah Village, Kutalimbaru District, Deli Serdang Regency. The sample was selected using a *purposive sampling technique* where the sample was selected based on the criteria that the children were willing to participate in the activities of the research process where the parents had been given an explanation. The sample of this research is 40 students, where the experimental group is 20 students, and the sample in the control group is 20 students. This study uses a *quasi - experimental non-equivalent control group design*. The experimental group carried out children's yoga exercises 8 times a month/twice a week, with a

duration of 30 minutes. Measurement of learning concentration using observation instruments totaling 25 behavioral items carried out by researchers directly with the help of school teachers (Aini, 2012)

Univariate analysis was analyzed descriptively by calculating the frequency distribution. The number of samples in this study was <50 so that the normality test of the data used the *Shapiro-Wilk* test, based on the results of the normality test, it was found that the data were normally distributed. After knowing the distribution of the data, the next step is to test the hypothesis. The paired sample t-test is used.

RESULTS AND DISCUSSION

The following will present univariate results regarding the level of concentration in children's learning before and after in the experimental group and the control group.

Table 1 The level of learning concentration in the experimental group.

Learning Concentration Level	N	Min	Max	Mean	Std.deviation
Before	20	56	76	67.65	6,115
After	20	80	99	89.30	4,714

Table 2 The level of learning concentration in the control group

Learning Concentration Level	N	Min	Max	Mean	Std.deviation
Before	20	43	65	55.30	6,307
After	20	40	72	52.10	9.049

Based on table 1 above, the data shows an increase in learning concentration

in the experimental group children, and the average level of learning concentration for

preschool-aged children before being given yoga for children is 67.65 while the average value after being given yoga for preschool-aged children is 89.30, after given children's yoga to preschool age children, namely 89.30, there was an increase in the experimental group. This increase in learning concentration is marked by the child's focus when answering the questions given, the accuracy of answering questions in accordance with the assessment of concentration characteristics regarding cognitive, affective, psychomotor and language behavior. According to (Azis 2016) . states that the characteristics of children who are able to concentrate on learning can be seen from cognitive, affective, psychomotor behavior,

According to (Eleti , Utina, and Talango 2021), children's yoga can help children become calmer, can relieve stress that occurs in children, so it is very useful for increasing learning concentration.

Based on table 2 shows that the average value before and after in the control group did not increase from 55.30 to 52.10.

In Table 3 the results of the normality test of the data in the experimental group and the control group.

<u>Variable</u>	<u>Significance</u>	<u>Description</u>
Pre-test Experiment group	0.183	Normal
Post-test experimental group	0.124	Normal
Pre-test Control group	0.047	Normal
Post-test control group	0.137	Normal

Table 4. The results of the different concentration levels in the experimental group

Concentration level				
Experimental group	N	Mean	Std. Deviation	P. Value
Before	20	67.65	6,115	0.000
After	20	83.35	4.714	

Table 5 Test results of different concentration levels in the control group

Concentration level				
Control group	N	Mean	Std. Deviation	P. Value
Before	20	55.30	6,307	0.150
After	20	52.10	9.049	

The normality test of the data carried out in this study was using the *Shapiro Wilk test* because the number of samples in this study was <50 . All data are normally distributed, as written in table 3. Based on tables 4 and 5, it shows that there is a difference in learning concentration in the experimental group, while there is no difference in learning concentration in the control group.

Preschool children mean the basis of development in children, including attitudes, knowledge, skills, creativity and adjustment of their social environment. Therefore, preschool education is education to help the development and growth of both physical and spiritual beyond the scope of parents before entering basic education which will be formal or non-formal. Preschool education includes education, kindergarten education, play groups, and child care outside of school. Kindergarten age is 5 – 6 years old, while playing groups and child care are at least 4 years old (Zulfajri 2021).

Learning concentration is the ability of a person to focus his mind on one goal being studied so that he is able to understand the teaching material while doing the task. (Ida Sofiyanti 2021)

Learning concentration is a person's ability to focus on the object or thing being

studied (Isnawati, 2020). Yoga itself is a physical exercise which according to several study sources explains that there is a relationship between physical exercise with learning concentration and increasing memory. According to Tiwari, (2015) the yoga postures needed are asal posture, and also *pranayama*/ breathing which is a good posture to improve children's concentration and memory.

Menurud (Sangadah 2019) suggests that when doing yoga in a calm condition, in accordance with the child's condition and the procedure is carried out so that it will have good benefits in terms of increasing concentration, calm, self-esteem, self-esteem, and self-confidence in children. A balanced body will automatically balance too so that it will help to concentrate properly.

According to (Ida Sofiyanti 2021) Yoga practice for 1 month in the experimental group has a positive influence because it can increase learning concentration in preschool children and Yoga is an efficient choice and has many benefits that can improve cognitive and attitudes in the educational process so that children's academic achievement will increase (Jarraya et al. 2019)

In line with the previous research compiled by Ida Softyanti, entitled One Month of Children's Yoga Implementation Increases Preschool Age Learning Concentration in 2021, it shows that there is an effect of children's yoga on increasing learning concentration in preschool children. Furthermore, studies and research conducted by Fitria Primi with the title Improving Learning Concentration with Yoga for Children in 2020 shows that there is an effect of yoga on increasing children's learning concentration. In addition, research conducted by Nadzifatus Sangadah entitled Implementation of Yoga Gymes to Kindergarten of Muslimat Nahdlatul Ulama 32 Nurul Hikmah Jatimulyo Village Kebumen in 2019 also said that yoga in children affects the increase in learning concentration of preschool children.

From the results of research that has been carried out by researchers for approximately one month doing yoga on preschool children at Tk Kana Nasional, Lau Timah Village, Kutalimbaru District, Deli Serdang Regency, where the results of observations after doing yoga on children in the experimental group stated that there was an influence of children's yoga in increasing concentration of preschool children's learning.

CONCLUSIONS AND SUGGESTIONS

The conclusion of this research is that yoga practice can increase learning concentration in preschool children. A good concentration of study will make academic achievement increase. The advice given based on the results of this research is to include children's yoga in the curriculum in Kindergarten.

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