



Increasing the Ability of Concentration Through the Implementation of Brain Gym

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Abstract

The purpose of this study is to improve the ability of concentration. Subjects in this study are the students of grade IV - VI Ciparay Elementary School 07 Kabupaten Bandung. Sampling technique in this study is Purposive Sampling with a subject of 42 people. The method used in this study is the experimental method with One-Group Pretest-Posttest Design research. Measuring instrument in this study using Concentration Grid Exercise test. t paired test results. The obtained p-value value $0.00 < 0.05$ H_0 rejected, with an increase of 30% then there is the influence of the application of the gym gym to increase the ability of concentration in the students SDN Ciparay 07 Kab. Bandung.

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INTRODUCTION

The contents development of science and technology as well as progress in the field of education requires educational institutions to further improve the quality of learning. Improving the quality of education can only be achieved if the teacher always strives to improve the ability and professionalism, which can be done by developing innovations in learning so that teachers as the spearhead of education that foster and develop the ability of students can make students as intelligent and skillful human beings. The development of models and methods in a variety of learning will be able to overcome the saturation of students in a learning process. The cause of saturation is caused by factors other than teachers, students, as well as other factors, including: lack of interest and motivation to learn, the number of tasks and exercises to be done students, the amount of material that must be studied in one semester. Therefore it is necessary for the students to have good concentration ability to support all activities at school and at home, because concentration is the focus of attention to something so that it can not be reminded again with other things besides being faced. As a student, if not able to concentrate on the lesson being presented, then the impact will be detrimental because it does not get any of the activities it follows. In addition, it can also create stress because the material presented can not be mastered. the lack of student concentration in learning greatly hampers the learning process. Full concentration on students will easily understand the material being taught because with the concentration of all the attention will be on the one that is of concern. The low quality of student achievement is mostly caused by the weakness of the ability of students to be able to concentrate learning.

METHOD

The method of research used in this research is experimental research method. Research design used is One-Group Pretest-Posttest Design. In this study there is a (bound variable) whose presence is deliberately aroused by manipulating using treatment (independent variables). The dependent variable in this study is the ability of concentration, while the independent variable in this research is Brain Gym. The purpose of using experimental method in this research is to test the causal relationship through the treatment that is done in the form of Brain Gym to the ability of concentration. In the implementation of the study authors take samples from students of grade 4-6 SDN Ciparay 07 subdistrict Ciparay Regency Bandung, which amounted to 42 students with 21 male students and 21 female students. The author uses the technique of Purposive Sampling according to Sugiyono (2016, pp124) The purposive sampling is "Sampling technique with certain considerations."

Sampling method using sampling technique according to Darajat and Abduljabar (2014, page. 26-27) is as follows:

Grade 4 : 40 People
 $40 / 124 \times 40 = 12,90$ (13 People)
 Grade 5 : 41 People
 $41 / 124 \times 41 = 13,55$ (14 People)
 Grade 6 : 43 People
 $43 / 124 \times 43 = 14,90$ (15 People)
 The total : 124 People.

Then from the total population of students grade 4-6 researchers took a sample of 42 people. In the process of collecting data, a tool called instrument is needed. The selection of appropriate research instruments is needed to make it easier for researchers to collect data. in the study using the instrument tool Grid Concentration Exercise (Leisure Press, 2006).

RESULT & DISCUSSION

This research aims to determine the effect of Brain Gym on improving the ability of concentration on the students of SDN Ciparay 07. This research used experimental design of one group pre test - post test designed. Based on the design, then there is one group becomes experimental group which get treatment in the form of Brain Gym. The first step to get the data is with pre-test given to all students of SDN Ciparay 07. Pre-test given in the form of Grid Exercise test to measure the level of student learning concentration. When viewed from the results of preliminary data is known that the number of students class 3 - 4 SDN Ciparay 07 are 124 students, to complete the criteria in the sampling of the study were 42 students. The Taking of hypothesis test result using SPSS 2.1 application, got the whole data of statistical test in the form of summary. For the results of data recap the researchers describe in the attachment. The following is a summary of the data analysis of Capacity Improvement Through the Implementation of Brains Games at SDN Ciparay 07.

Result of data Ability of concentration, sample amounted to 42 people. The average test result The ability of pre-test concentration obtained score 4.83 and standard deviation 1.73. Given the post-test data, the sample amounted to 42 people. The average test result The ability of pots-test concentration obtained score 6.29 and standard deviation 2.54.

**Summary of hypothesis test results Test Results
Data the Ability Concentration of students Paired
Samples Test**

Data group	Pretest	Posttest	N	Hy-
	X ± sd	X ± sd		
Brain Gym	4.83 sd 1.73	6.29 sd 2.54	42	

pothesis:

- H_0 = there was no significant Increase in Concentration between before treatment and after treatment.
- H_1 = there was significant Increase in Concentration between before treatment and after treatment.

Data group	x ± sd	Persentase Peningkatan	Diferen t	t	p-value
Brain gym	Pre-test 4,83 ± 1,73	30%	1,45	6,41 0	0,000
	Post-test 6,29 ± 2,54				

Criteria of Testing:

- Accept H_0 If p-value > α 0,05.
- Reject H_0 If p-value \geq α 0,05.

CONCLUSION

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that there is a significant relationship between the application of brain gym methods with the ability of concentration of students SDN 07 Ciparay Kab. Bandung. All this gives a meaning that the activity of brain gym can contribute in improving the ability of student concentration. Therefore, the brain gym can be considered as an effort to improve student learning activities in school. The results of the tabulation of the assessment of the movement of the gym gym shows that the movement of brain gym is considered very easy and fun.

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