

UPAYA PENINGKATAN DAYA KONSENTRASI ANAK

USIA 5-6 TAHUN MELALUI *BRAIN GYM LAZY EIGHT*

(Penelitian Tindakan Kelas di TK Harvest Stars)

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ABSTRAK

Penelitian ini dilatarbelakangi oleh rendahnya daya konsentrasi anak usia 5-6 tahun di TK Harvest Stars. Permasalahan yang ditemukan meliputi ketidakmampuan anak mempertahankan perhatian lebih dari 10 menit, kurangnya koordinasi mata dan tangan saat tugas, serta partisipasi yang tidak konsisten selama kegiatan inti. Tujuan penelitian ini adalah untuk meningkatkan daya konsentrasi anak melalui intervensi gerakan *Brain Gym Lazy Eight* (Angka Delapan Tidur). Metode penelitian yang digunakan adalah Penelitian Tindakan Kelas (PTK) kolaboratif dengan model spiral *Kemmis dan McTaggart* yang terdiri dari dua siklus. Subjek penelitian adalah 17 anak di kelas Kindergarten 2 Neil Armstrong. Instrumen pengumpulan data meliputi lembar observasi dengan delapan indikator (kontak mata, fokus visual, stabilitas posisi, rentang perhatian, ketahanan gangguan, kemandirian sosial, ketepatan respon, dan penyelesaian tugas), catatan lapangan, serta wawancara. Analisis data dilakukan secara kuantitatif persentase dan kualitatif deskriptif. Hasil penelitian menunjukkan peningkatan signifikan pada setiap tahap. Pada Pra Siklus, rata-rata daya konsentrasi anak hanya 53% dengan ketuntasan klasikal 11,7% (2 anak). Setelah tindakan Siklus I, rata-rata meningkat menjadi 66% dengan ketuntasan klasikal 29,4% (5 anak). Pada Siklus II, melalui variasi gerakan yang dipadukan dengan bernyanyi dan media visual, rata-rata melonjak menjadi 78% dengan ketuntasan klasikal mencapai 88,2% (15 anak). Pembahasan temuan menunjukkan bahwa gerakan *Lazy Eight* efektif menyeimbangkan hemisfer otak dan memperbaiki koordinasi visual-motorik yang menjadi dasar fokus belajar. Kesimpulannya, penerapan *Brain Gym Lazy Eight* terbukti efektif meningkatkan daya konsentrasi anak usia 5-6 tahun di TK Harvest Stars, yang dibuktikan dengan membaiknya fokus visual, durasi perhatian, serta kemandirian anak dalam menuntaskan tugas secara tepat waktu.

Kata Kunci: Daya Konsentrasi, Brain Gym, Lazy Eight, Anak Usia 5-6 tahun.

EFFORTS TO IMPROVE THE CONCENTRATION OF CHILDREN AGED 5-6 YEARS THROUGH BRAIN GYM LAZY EIGHT

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ABSTRACT

This research was motivated by the low concentration levels of children aged 5-6 years at Harvest Stars Kindergarten. The identified problems included children's inability to maintain attention for more than 10 minutes, lack of hand-eye coordination during tasks, and inconsistent participation during core activities. The objective of this study was to improve children's concentration through Brain Gym Lazy Eight exercises. The research method employed was collaborative Classroom Action Research (CAR) using the Kemmis and McTaggart spiral model consisting of two cycles. The subjects were 17 children in the Kindergarten 2 Neil Armstrong class. Data collection instruments included observation sheets with eight indicators (eye contact, visual focus, position stability, attention span, resistance to distraction, social independence, response accuracy, and task completion), field notes, and interviews. Data were analyzed using quantitative percentage analysis and qualitative descriptive analysis. The results showed significant improvement at each stage. In the Pre-Cycle, the average concentration score was 53% with a classical mastery of 11.7% (2 children). Following Cycle I intervention, the average increased to 66% with a classical mastery of 29.4% (5 children). In Cycle II, through movement variations combined with singing and visual media, the average rose to 78% with classical mastery reaching 88.2% (15 children). The discussion of findings indicates that Lazy Eight movements effectively balance the brain hemispheres and improve visual-motor coordination, which is fundamental to learning focus. In conclusion, the application of Brain Gym Lazy Eight is proven effective in increasing the concentration of children aged 5-6 years at Harvest Stars Kindergarten, as evidenced by improved visual focus, attention span, and children's independence in completing tasks on time.

Keywords: Concentration, Brain Gym, Lazy Eight, Early Childhood.