

IMPLEMENTASI METODE MONTESSORI EXERCISE OF PRACTICAL LIFE UNTUK MEMBENTUK SIKAP TANGGUNG JAWAB DAN KEMANDIRIAN PADA ANAK USIA 4-5 TAHUN

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ABSTRAK

Penelitian ini dilatarbelakangi oleh pentingnya penanaman karakter sejak usia dini, khususnya pada aspek tanggung jawab dan kemandirian yang menjadi fondasi bagi perkembangan sosial-emosional anak. Penelitian ini bertujuan untuk mendeskripsikan implementasi metode Montessori *Exercise of Practical Life* (EPL) dan dampaknya dalam membentuk sikap tanggung jawab serta kemandirian pada anak usia 4-5 tahun. Penelitian ini menggunakan pendekatan kualitatif dengan metode deskriptif. Penelitian dilaksanakan di TK Citra Montessori School, Tangerang. Teknik pengumpulan data dilakukan melalui observasi partisipatif, wawancara mendalam dengan guru, orang tua, dan perwakilan yayasan, serta dokumentasi. Analisis data menggunakan model interaktif Miles, Huberman, dan Saldaña (2020) yang meliputi kondensasi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa: (1) Implementasi EPL dilaksanakan secara konsisten sebagai rutinitas harian melalui siklus kerja (*work cycle*) yang terstruktur dalam lingkungan yang disiapkan (*prepared environment*), di mana guru berperan sebagai fasilitator; (2) Sikap tanggung jawab anak terbentuk melalui internalisasi kebiasaan *restoration* (mengembalikan alat ke tempat semula) dan kepedulian terhadap lingkungan tanpa paksaan eksternal; (3) Kemandirian anak berkembang dari kemandirian fungsional dalam merawat diri (*care of self*) menuju kemandirian psikologis yang ditandai dengan kepercayaan diri dan kemampuan mengambil keputusan. Kesimpulannya, metode EPL efektif membentuk disiplin internal dan otonomi anak ketika didukung oleh konsistensi sekolah dan sinergi pola asuh di rumah.

Kata Kunci: *Metode Montessori, Exercise of Practical Life, Tanggung Jawab, Kemandirian, Anak Usia Dini.*

THE IMPLEMENTATION OF THE MONTESSORI PRACTICAL LIFE EXERCISES IN FOSTERING RESPONSIBILITY AND INDEPENDENCE AMONG CHILDREN AGED 4–5 YEARS

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ABSTRACT

This research is motivated by the significance of early character formation, particularly in the aspects of responsibility and independence, which serve as the foundation for children's socio-emotional development. This study aims to describe the implementation of the Montessori Exercise of Practical Life (EPL) method and its impact on shaping responsibility and independence in children aged 4-5 years. This research employed a qualitative approach with a descriptive method. The study was conducted at TK Citra Montessori School, Tangerang. Data were collected through participatory observation, in-depth interviews with teachers, parents, and foundation representatives, as well as documentation. Data analysis utilized the interactive model by Miles, Huberman, and Saldaña (2020), encompassing data condensation, data display, and conclusion drawing. The results indicate that: (1) The implementation of EPL is carried out consistently as a daily routine through a structured work cycle within a prepared environment, where the teacher acts as a facilitator; (2) The attitude of responsibility is formed through the internalization of the restoration habit (returning tools to their original place) and care for the environment without external coercion; (3) Children's independence evolves from functional independence in care of self to psychological independence characterized by self-confidence and decision-making abilities. In conclusion, the EPL method is effective in fostering internal discipline and child autonomy when supported by school consistency and synergistic parenting at home.

Keywords: Montessori Method, Exercise of Practical Life, Responsibility, Independence, Early Childhood.