

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO
Skripsi, Juni 2024

Visky Febia

Pengaruh Senam Otak Terhadap Kemampuan Menulis pada Anak Usia 60-72 Bulan di TK ABA Iringmulyo Metro Timur

xvii + 43 halaman + 7 tabel + 6 gambar + 21 lampiran

ABSTRAK

Masalah utama pada balita adalah terkait dengan pertumbuhan dan perkembangannya salah satunya adalah kemampuan perkembangan menulis. Berdasarkan hasil prasurvey di TK ABA Iringmulyo dari 138 anak kelas B didapatkan kemampuan menulis anak yang kurang pada kelas B1 sebanyak 5 anak (14,3%) dari 35 siswa, pada kelas B2 sebanyak 5 anak (14,3%) dari 35 siswa, pada kelas B3 sebanyak 5 anak (14,7%) dari 34 siswa dan kelas B4 sebanyak 22 anak (64,7%) dari 34 siswa. Kemampuan menulis anak yang kurang terbanyak pada kelas B4. Kesulitan menulis disebabkan oleh faktor neurologis terkait gangguan pada otak kiri depan yang berhubungan dengan kemampuan menulis yang kurang akan berdampak pada kualitas tulisan mereka memburuk dan perkembangan akademis mereka secara keseluruhan menjadi terhambat, dan dapat mempengaruhi motivasi mereka untuk belajar. Tujuan dari penelitian ini adalah untuk mengetahui apakah ada pengaruh senam otak terhadap kemampuan menulis pada anak usia 60-72 bulan di TK ABA Iringmulyo Metro Timur.

Jenis penelitian kuantitatif design pra-eksperimen dan rancangan *one group pretest posttest design*. Populasi dalam penelitian ini seluruh anak usia 60-72 bulan di TK ABA Iringmulyo Metro Timur tahun 2023 jumlah 34 anak pada 1 kelas B4 yang keseluruhan akan dijadikan sampel dengan teknik total sampling. Instrumen pengumpulan data digunakan lembar format penilaian kemampuan menulis pada anak usia 60-72 bulan serta lembar observasi, formulir-formulir lain yang akan berkaitan dengan pencatatan data. Analisa data secara univariat untuk mengetahui distribusi frekuensi tiap-tiap variabel dan analisa bivariat menggunakan uji *Wilcoxon Signed-Rank Test*.

Hasil penelitian rata-rata kemampuan menulis sebelum diberikan perlakuan senam otak didapatkan skor sebesar 1,47 dapat dikategori Belum Berkembang (BB) dan sesudah diberikan perlakuan senam otak didapatkan skor 3,00 dapat dikategorikan Berkembang Sesuai Harapan (BSH). Selisih rata-rata kemampuan menulis anak sebelum dan sesudah diberikan senam otak sebesar 1,53. Ada pengaruh pemberian senam otak terhadap kemampuan menulis pada anak usia hasil uji *Wilcoxon Signed-Rank Test* didapatkan p value sebesar 0,000.

Kesimpulan penelitian terdapat pengaruh pemberian senam otak terhadap kemampuan menulis pada anak usia 60-72 bulan di TK ABA Iringmulyo, sehingga pihak sekolah dapat menerapkan aktivitas senam otak dalam upaya meningkatkan kemampuan menulis anak.

Kata kunci : Senam Otak, Kemampuan Menulis

Daftar bacaan : 40 (2009-2024)

**TANJUNGPURBA HEALTH POLYTECHNIC
MIDWIFERY DEPARTMENT METRO MIDWIFERY PROGRAM
Thesis, June 2024**

Visky Febia

The Effect of Brain Gymnastics on Writing Ability in Children aged 60-72 Months at ABA Iringmulyo Kindergarten, Metro Timur

xvii + 43 pages + 7 tables + 6 figures + 21 attachments

ABSTRACT

The main problem in toddlers is related to their growth and development, one of which is the ability to develop writing. Based on the results of the pre-survey at ABA Iringmulyo Kindergarten from 138 class B children, it was found that children's writing skills were lacking in class B1 as many as 5 children (14.3%) out of 35 students, in class B2 as many as 5 children (14.3%) out of 35 students, in class B3 as many as 5 children (14.7%) out of 34 students and class B4 as many as 22 children (64.7%) out of 34 students. Children's writing skills are lacking most in class B4. Writing difficulties caused by neurological factors related to disorders in the front left brain associated with poor writing skills will result in the quality of their writing deteriorating and their overall academic development being hampered, and can affect their motivation to learn. The purpose of this study was to determine whether there is an effect of brain exercises on writing skills in children aged 60-72 months at ABA Iringmulyo Kindergarten in East Metro.

Type of quantitative research pre-experiment design and one group pretest posttest design. The population in this study were all children aged 60-72 months at ABA Iringmulyo Kindergarten in East Metro in 2023, 34 children in 1 class B4, all of which would be sampled using the total sampling technique. Data collection instruments used format sheets for assessing writing skills in children aged 60-72 months as well as observation sheets, other forms that will be related to data recording. Univariate data analysis to determine the frequency distribution of each variable and bivariate analysis using the Wilcoxon Signed-Rank Test.

The average research results of writing ability before being given brain gymnastics treatment obtained a score of 1.47 can be categorized as Undeveloped (BB) and after being given brain gymnastics treatment obtained a score of 3.00 can be categorized as Developing As Expected (BSH). The average difference in children's writing ability before and after being given brain gymnastics is 1.53. There is an effect of giving brain gymnastics on writing ability in children aged Wilcoxon Signed-Rank Test results obtained p value of 0.000.

The conclusion of the study is that there is an effect of providing brain gymnastics on writing skills in children aged 60-72 months at ABA Iringmulyo Kindergarten, so that schools can implement brain gymnastics activities in an effort to improve children's writing skills.

Keywords : Brain Gymnastics, Writing Skills

Reading list : 40 (2009-2024)