

Universitas Ngudi Waluyo

Program Studi Kebidanan Program Sarjana, Fakultas Kesehatan

Skripsi, Januari 2024

Ardila

152221032

**PERBEDAAN KONSENTRASI BELAJAR SEBELUM DAN SESUDAH
PENERAPAN YOGA ANAK USIA PRASEKOLAH DI PAUD PELANGI
NUSANTARA 05 UNGARAN TIMUR SEMARANG**

ABSTRAK

Latar Belakang : Dalam proses pembelajaran yang sering terjadi pada anak usia prasekolah yaitu kurangnya konsentrasi belajar, agar anak dapat berkonsentrasi dengan baik saat pelajaran di mulai maka hal yang dapat dilakukan salah satunya yaitu dengan yoga anak. Penelitian ini bertujuan untuk mengetahui penerapan yoga anak untuk meningkatkan konsentrasi belajar anak usia prasekolah di PAUD Pelangi Nusantara 05 Ungaran Timur Semarang

Metode : Jenis penelitian yang digunakan dalam penelitian ini adalah penelitian kuantitatif dengan pendekatan *pre eksperiment one group pre-test post-test design*. Populasi dalam penelitian ini yaitu 18 orang, jumlah sampel sebanyak 18 orang. Teknik pengambilan sampel menggunakan *sampel jenuh* sesuai kriteria inklusi dan eksklusi. Instrumen penelitian menggunakan observasi penilaian perilaku konsentrasi belajar anak dan analisis data menggunakan analisis univariat dan bivariat.

Hasil : Tingkat konsentrasi belajar anak usia prasekolah sebelum diberikan yoga anak yaitu 24.67, Sedangkan nilai rata-rata sesudah diberikan yoga anak pada anak usia prasekolah yaitu 32.39. Sehingga terdapat peningkatan 7.72 yang terjadi pada siswa. Hasil uji Wilcoxon dengan P-Value yang diperoleh adalah 0.000 ($p < 0,05$) maka H_0 ditolak dan H_a diterima.

Simpulan : Ada perbedaan pemberian yoga anak terhadap konsentrasi belajar anak usia prasekolah. Dengan demikian yoga anak efektif untuk meningkatkan konsentrasi belajar pada anak usia prasekolah

Kata kunci : Usia Prasekolah, Yoga Anak, Konsentrasi Belajar

Ngudi Waluyo University

Midwifery Study Program Undergraduate Program,

Faculty of Health

Thesis, January 2024

Ardila

152221032

**DIFFERENCES IN LEARNING CONCENTRATION BEFORE AND
AFTER THE IMPLEMENTATION OF YOGA FOR PRESCHOOL AGE
CHILDREN AT PAUD PELANGI NUSANTARA 05 UNGARAN TIMUR
SEMARANG**

ABSTRACT

Background : In the learning process that often occurs in preschool children, there is a lack of concentration in learning, so that children can concentrate well when lessons start, one of the things that can be done is children's yoga. This research aims to determine the application of children's yoga to increase the learning concentration of preschool children at PAUD Pelangi Nusantara 05 Ungaran Timur Semarang

Methods : The type of research used in this research is quantitative research with a pre-experimental one group pre-test post-test design approach. The population in this study was 18 people, the sample size was 18 people. The sampling technique uses saturated samples according to inclusion and exclusion criteria. The research instrument uses observation to assess children's learning concentration behavior and data analysis uses univariate and bivariate analysis.

Results : The learning concentration level of preschool aged children before being given children's yoga was 24.67, while the average score after being given children's yoga to preschool aged children was 32.39. So there was an increase of 7.72 that occurred in students. The Wilcoxon test results with P-Value obtained were 0.000

($p < 0.05$) then H_0 is rejected and H_a is accepted.

Conclusion : There is a difference in giving children's yoga to the learning concentration of preschool aged children. Thus, children's yoga is effective for increasing learning concentration in preschool children

Keywords : Preschool Age, Children's Yoga, Learning Concentratio