

Implementation of Brain Gym Habits for Children at Tirtayasa Islamic Kindergarten

Dina Kusuma Wardhani ^{1*}, Hidayati ², Roihatul Jannah, Melani Duwita Putri, Rezza Aini Patrisia, Aas Nurasih, Ria Bela Apriyani, Gita Triana Rismawati, Nadia Melita Sulistianti, Sintia Rahmawati
Sultan Ageng Tirtayasa University

Related Authors: Dina Kusuma Wardhani ,
dinakusuma_wardhani@untirta.ac.id

ARTICLE INFORMATION ABSTRACT

Keywords: Early
Childhood, Habits, Brain
Gym

Received : 2 , May
Received : 15 , June
Received : 29 , July

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Brain gymnasium is related to the ability to integrate the upper brain (cortex) and lower brain (brainstem), and the lateral and focus dimensions are related to the ability to integrate the back and front of the brain. Early childhood development learning patterns can be improved by combining the left and right brain. This study uses a qualitative descriptive approach. Data were collected through observation, interviews, and documentation. Interviews were conducted with the principal and class teachers and documentation was collected of several activities carried out by the children of Tk Islam Tirtayasa *brain gym* before the start of learning taking place in their respective classes for example *Brain buttons* (brain switch), *The thinking cap* (plug your ears), *Brain cross crow* (cross movement), *Brain lazy 8s* (sleeping eights), *Hook Ups* (relaxing hooks) and *Uniting the brain* because it becomes easier and more focused

INTRODUCTION

The basis and purpose of the PAUD program is to maximize all children's abilities and creativity according to their developmental characteristics so that children can adapt to new environments (Sutarman & Asih, 2016, p. 48) in (Devianti et al., 2020) .

Education is a concept that must be understood, which includes learning with teachers and many students (Etivali & Alaika M, 2019) . Early childhood— from birth to eight years— is an important and strategic age for the education process. Age can affect the process and outcomes of education at the next level. These six components of early childhood development must be considered. The development of moral and religious values, cognitive development, physical motor development, language development, social emotional development, and artistic development are all aspects of development discussed. Children will find it easier to continue their education if they understand these elements.

According to the Regulation of the Minister of Education and Culture of the Republic of Indonesia Number 137 of 2014 concerning National Standards for Early Childhood Education, the cognitive development of early childhood is divided into three stages of development: learning and solving problems, logical thinking, and symbolic thinking. Cognitive development is part of the brain's thinking process used to understand, reason, know, and understand. (Susanto, 2011) in (Awantari et al., 2023) . Because brain control is closely related to children's cognitive development, brain stimulation is very important for their cognitive development. Playing activities during the learning process are very important to stimulate children's brains. Brain gymnastics, also known as Brain Gym, is a fun activity that can stimulate children's brains. Children are an important gift that must be educated every day. Therefore, children need good habits in every adult learning process. .

According to Abdullah Nashih Ulwan in (Antika & Karlina, 2024) Faith, noble morals, spiritual virtue, and the straight practice of the Shari'a can be instilled very well through the habituation process. Habit is defined as a collection of actions and attitudes performed regularly as a result of repeated learning. Habitual activities are very important for early childhood education. According to Abdullah Nasih Ulwan, the habituation method is a practical approach or effort to build (develop) and prepare children. In this way, students can develop certain habits or behaviors, which can lead to better child behavior, which includes social, emotional and religious aspects (Abdullah Nasih Ulwan, 1992; Nurdiana et al., 2023) in (Amirudin et al. , 2023). al., 2024) .

Habituation is an activity that is done repeatedly so that it becomes a habit (Hamsinah, 2024) . Repeating the activities to be done can help young children get used to the habit .

According to Dennison, the lateral dimension refers to the ability to integrate the back and front of the brain, while the focal dimension refers to the ability to coordinate the cortex (upper part of the brain) and the brainstem (lower part of the brain) (Posyandu & Mantingan, 2024) Brain gym can improve brain function by changing the coordination between the two parts of the brain through neurological re-patterning that encourages increased brain function

(Hyatt, 2007) in (Gustika et al., 2021) Learn how combining the left and right sides of the brain can improve children's learning patterns and emotional abilities. In addition, it affects children's motor skills, so they have difficulty reacting such as following existing movement patterns. At this early age, children's growth is slower than babies.

Brain Gym movements or brain gymnastics have been accustomed to early childhood before learning takes place, so that children can learn well and focus. Therefore, this study is entitled "Implementation of Brain Gym Habits for Children in Tk Islam Tirtayasa.

LITERATURE REVIEW

1. Early childhood

The goal of early childhood education in Indonesia is to develop the full potential of children so that they can function as complete human beings in accordance with the nation's philosophy, so that early childhood children are directed to become a generation that can advance their nation and develop according to the nation's needs.

Therefore, PAUD is seen as an investment for developed countries (Nurul Hikmah, 2022) According to Law Number 20 of 2003 concerning the National Education System (Sisdiknas), a child's age is calculated from birth to the age of six years. At this age, children have the opportunity to receive stimuli taught by themselves to acquire skills before starting learning.

2. Brain Gym Habits

In the Islamic teaching approach, habituation can be defined as a way to teach students to act and think according to Arief (2012:110) in (Ahsanul Khaq, 2019). Brain gymnastics helps children balance the power of the left and right brain and improve focus and concentration (Susanto, 2018). Concentration skills are very important for children to solve problems and keep their minds focused to avoid distractions or unpleasant situations (Posyandu & Mantingan, 2024). The brain gymnastics method, also called *Brain Gym*, emphasizes how important movement is to regulate the body. This method involves our five senses and helps us integrate the brain, which means all parts work together well.

Brain gymnastics is almost the same as physical exercise can be done by all ages, both children, adults and the elderly (Pujiastuti et al., 2024). Although the brain regulates all human activities, brain health is still less noticed than physical fitness. To maintain brain health, such as maintaining memory and concentration, the brain needs to be trained. Brain gymnastics to maximize brain function and work, people do simple brain movements (Bili & Dewi, 2019).

Therefore, Tirtayasa Islamic Kindergarten in Serang City conducted brain gymnastics (Brain Gym) before carrying out learning activities by lining up in front of their respective classes.

METHODOLOGY

This study uses a qualitative descriptive methodology. During the study, data were collected through observation, interviews, and documentation. Interviews were conducted with the principal and class teachers, and documentation included photos of brain gymnastics or brain *gym activities*.

The research activity was conducted in September - November for 2 months at Tk Islam Tirtayasa Serang. The objects were all students in the front row, the movements were adjusted to the child's ability to follow the *Brain Gym movement* or brain gymnastics.

RESEARCH RESULT

Islamic Kindergarten Tirtayasa is located at Jl. Pakupatan, Panancangan, Cipocok Jaya District, Serang City, Banten 42124 which is led by Hidayati, S.Pd. AUD. Islamic Kindergarten Tirtayasa has 7 teachers, 1 administrator, 1 school guard, consisting of 5 classes of groups A and B. Islamic Kindergarten Tirtayasa uses center learning and independent curriculum.

The curriculum of Tirtayasa Islamic Kindergarten in 2024-2025 is based on the Implementation of the Merdeka curriculum developed in KOSP, with an emphasis on character education, independent learning, STEAM with loose-part materials in accordance with the Pancasila profile by implementing the independent learning curriculum. The excellence of Tirtayasa Islamic Kindergarten is that it bases learning activities on the principles and values of Islamic teachings, character values and strives to boost children's *multiple intelligence* by using 8 (eight) development centers and life skills.

Table 1. Center Learning Model

1	2	3	4
Role Play Center	Science Center	Preparation Center	Gardening Center
5	6	7	8
Beam Center	Center for Arts and Natural Materials	Fun Cooking Center	Computer Center

In addition, before entering the class, the children line up in front of the class for ice breaking and memorizing English and Arabic vocabulary. Tk Islam Tirtayasa is very focused on studying Islamic habits so that children become pious and pious children. Habitual activities (*Brain Gym*) before entering the class each according to (Ratnaningsih & Febriati, 2022) at Tirtayasa Islamic Kindergarten:

1. *Brain buttons* (brain switches)



Picture 1. *Brain Buttons* (brain switches)

Figure 1. In a standing position, place the right hand on the chest, namely the thumb and index finger of the left hand on the stomach.

2. *The thinking cap* (ear plug)



Picture 2. *The thinking cap* (ear plug)

Figure 2. Standing, massage both earlobes and pull the index finger and thumb out to the side, down.

3. *Brain cross crow* (cross movement)



Picture 3. *Brain cross crow* (cross movement)

Figure 3 Move your feet and hands by alternately touching your knees and jumping slowly.

4. *Brain lazy 8s* (sleeping eights)

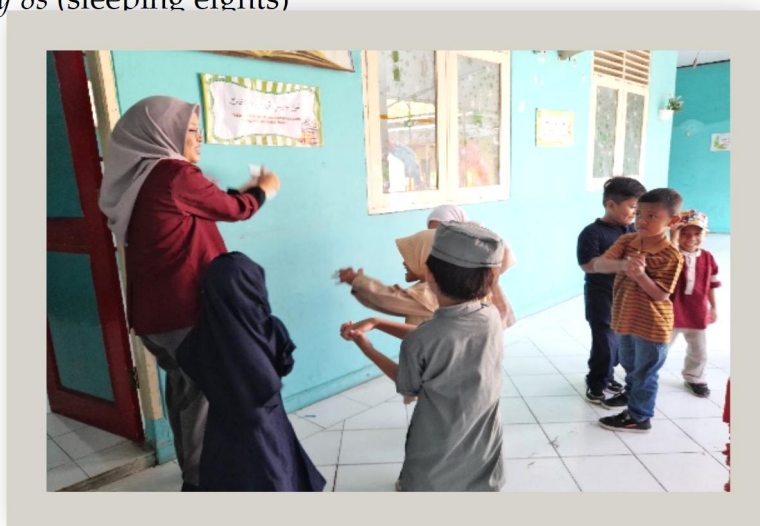


Figure 4 Stretch your arms forward and do a sleeping figure 8.

5. *Hook Ups* (relax hook)



Picture 5. *Hook Ups* (relax hook)

Figure 5. Hooks Up movement, cross your hands and feet, then close your eyes, and inhale and exhale.

6. Putting the brain together



Figure 6 Right and left hands to the side, move upwards in a broken motion, then put the pockets to the side alternately, namely right and left.

Brain gym activities are activities that are carried out every day before starting learning. They should not be missed and must be made a habit.

DISCUSSION

Before doing brain sneak (*Brain Gym*) early childhood is invited to sing first to give the child spirit. In addition, the child will pray the oath first. After all has been done, it is allowed to do brain gymnastics movements (*Brain Gym*) led by the child with guidance

The purpose of the implementation is to observe how important brain gymnastics is at preschool age to prepare children to concentrate on learning. Then, it is done about how teachers can teach *Brain Gym* to children with simple movements that can be imitated by children, the movements are in the form of *Brain buttons stimulation* (brain switches), *The thinking cap* (plug your ears), *Brain cross crow* (cross movement), *Brain lazy 8s* (eight sleep), *Hook Ups* (relax hook) and *Uniting the brain*. Children's responses to brain gym movements vary widely. They are happy, curious, and enthusiastic.

Children are taught how to use brain gymnastics directly, also known as brain gym. They then immediately follow and apply the brain gym movements. Many children still need help and direction in *Brain Gym movements* before entering class. After the implementation or assistance in brain gymnastics (*Brain Gym*), children are tested with English and Arabic vocabulary tests. The goal is to measure children's skills and concentration.

CONCLUSION AND RECOMMENDATIONS

Activities carried out by early childhood children at Tirtayasa Islamic Kindergarten, namely *brain gym* before the start of learning taking place in their respective classes for example *Brain buttons* (brain switch), *The thinking cap* (plug your ears), *Brain cross crow* (cross movement), *Brain lazy 8s* (sleeping eights), *Hook Ups* (relaxing hooks) and *Uniting the brain* because it becomes easier and more focused.

The suggestion in this article is to continue to explore brain gym movements (*Brain Gym*) because children can focus on ongoing learning activities.

FURTHER RESEARCH

In this article, it can be continued as a conflicting reference about brain gymnastics (*Brain Gym*) with various movements apart from the research.

THANK-YOU NOTE

Thank you to the Islamic Kindergarten Tirtayasa institution for providing the opportunity to implement the PLP at Sultan Ageng Tirtayasa University.

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