

PENGARUH SENAM OTAK (BRAIN GYM) TERHADAP KECEPATAN PSIKOMOTOR ANAK KELAS 5 SEKOLAH DASAR AL-IRSYAD 2 PURWOKERTO

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ABSTRAK

Latar Belakang : Anak usia sekolah dasar merupakan masa perkembangan fisik yang seimbang dan proporsional yang dipengaruhi oleh kemampuan kognitif yang berkembang pesat. Kematangan kognitif ini selaras dengan meningkatnya kecepatan psikomotor seseorang. Kecepatan psikomotor sangat penting dalam proses belajar anak. Faktor yang dapat mempengaruhi kecepatan psikomotor adalah aktivitas yang melibatkan koordinasi otot dan otak salah satunya adalah senam otak (brain gym)

Tujuan : Mengetahui pengaruh senam otak (brain gym) terhadap kecepatan psikomotor pada anak kelas 5 Sekolah Dasar Al-Irsyad 2 Purwokerto

Metode : Penelitian ini merupakan penelitian quasi eksperimental dengan pretest and posttest design without control group. Sampel pada penelitian ini yaitu anak kelas 5 SD Al-Irsyad 2 Purwokerto, pengambilan sampel menggunakan metode consecutive sampling. Responden melakukan senam otak selama 3 minggu dengan frekuensi 4 kali seminggu. Kecepatan psikomotor diukur menggunakan trail making test sebelum dan setelah melakukan senam otak. Analisis data menggunakan uji t berpasangan.

Hasil : Hasil didapatkan rerata skor pretest yaitu 52,86 detik (bagian A) dan 92,42 detik (bagian B) sedangkan rerata skor posttest yaitu 37,98 detik (bagian A) dan 64,72 detik (bagian B). Hasil analisis menunjukkan terdapat perbedaan yang bermakna yaitu $p < 0,001$ skor trail making test sebelum dan setelah melakukan senam otak.

Kesimpulan : Terdapat pengaruh senam otak terhadap kecepatan psikomotor pada anak kelas 5 Sekolah Dasar Al-Irsyad 2 Purwokerto

Kata kunci : senam otak, kecepatan psikomotor, anak-anak, trail making test

THE EFFECT OF BRAIN GYM TOWARD PSYCHOMOTOR SPEED OF 5TH GRADE STUDENTS SD AL-IRSYAD 2 PURWOKERTO

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ABSTRACT

Background: Children of primary school age is a period of balance and proportionate physical development that influenced by cognitive abilities. This cognitive maturity is increasing according with psychomotor speed. Psychomotor speed is very important in the learning process of children. Some factors which could affect psychomotor speed are activity that involves the coordination of muscles and brains. One of them is Brain Gym.

Objective: The aim of this study was to determine the effect of Brain Gym to psychomotor speed of 5th grader student at Sekolah Dasar Al-Irsyad 2 Purwokerto

Methods: This study was a quasi experimental with pre-test and control group without post-test design. Samples of this research were students of 5th grade SD Al-Irsyad 2 Purwokerto. Sampling method was consecutive sampling. Respondents were conducted Brain Gym 4 times a week with the duration of 3 week starting 17th November until 4th December 2015. Psychomotor speed was measured using the Trail Making Test before and after the Brain Gym. Data analysis were using by the paired t test.

Results: The results from pretest score was 52.86 seconds (Part A) and 92.42 sec (section B), while the post-test score was 37.98 seconds (Part A) and 64.72 sec (section B). The analysis showed that there was a significant difference $p < 0.001$ based on trail making test before and after the Brain Gym.

Conclusion: There was an effect of the brain gym on psychomotor speed toward 5th grade SD Al-Irsyad 2 Purwokerto

Keywords: Brain Gym, psychomotor speed, children, trail-making test