

ABSTRAK

Pembelajaran dilaksanakan secara online atau daring pada masa pandemi covid-19 memungkinkan anak mempunyai penurunan konsentrasi karena suasana belajar di rumah tidak sama dengan di sekolah. Salah satu terapi untuk memperbanyak aktifitas gerak dan pemikiran yang melibatkan otak adalah teknik *Brain Gym* yang merupakan kumpulan gerakan-gerakan sederhana dan bertujuan untuk menghubungkan/menyatukan pikiran dan tubuh. Tujuan penelitian mengetahui pengaruh *brain gym* terhadap kemampuan konsentrasi belajar online pada anak usia 9-10 tahun di Desa Bangunmulyo Kecamatan Pakel Kabupaten Tulungagung tahun 2021. Penelitian dilakukan tanggal 19-30 April 2021 dan 24 Mei s/d 5 Juni 2021. Desain penelitian *Pre Eksperimental Design* dengan menggunakan model *one group pre test - post test desain*. Populasi penelitian semua siswa SD usia 9-10 tahun di Desa Bangunmulyo Kecamatan Pakel Kabupaten Tulungagung sejumlah 66 orang, sampel diambil dengan teknik *purposive sampling* sejumlah 30 orang. Variabel bebas *brain gym* (senam otak), variabel terikat kemampuan konsentrasi belajar online. Data diolah dengan editing, coding, scoring dan tabulating, kemudian dianalisis menggunakan uji *wilcoxon* dengan program SPSS. Hasil penelitian didapatkan sebelum *brain gym* sebagian besar responden konsentrasi belajarnya adalah cukup yaitu sebanyak 19 responden dengan prosentase 63%, sesudah *brain gym* hampir seluruh responden konsentrasi belajarnya adalah baik yaitu sebanyak 27 responden dengan prosentase 90%. Ada pengaruh *brain gym* terhadap kemampuan konsentrasi belajar online pada anak usia 9-10 tahun di Desa Bangunmulyo Kecamatan Pakel Kabupaten Tulungagung tahun 2021 dimana uji statistik *wilcoxon signed rank* didapatkan nilai *p-value* $0,000 < 0,05$. *Brain gym* dapat memberikan keuntungan yaitu memungkinkan belajar dengan penuh konsentrasi, dapat dilakukan dalam waktu singkat, tidak memerlukan bahan atau tempat yang khusus, dapat dipakai dalam semua situasi belajar.

Kata Kunci : *Brain Gym*, Konsentrasi Belajar Online, Anak Usia 9-10 tahun

ABSTRACT

Learning is carried out online or bravely during the covid-19 pandemic, allowing children to have a decrease in concentration because the atmosphere of learning at home is not the same as at school. One therapy to increase movement and thought activities that involve the brain is the Brain Gym technique which is a collection of simple movements and aims to connect/without mind and body. The purpose of the study was to determine the effect of brain exercise on the ability to concentrate online learning in children aged 9-10 years in Bangunmulyo Village, Pakel District, Tulungagung Regency in 2021. The research was conducted on 19-30 April 2021 and 24 May to 5 June 2021. The research design was Pre Experimental Design using a one group pre test - post test design model. The research population of all elementary school students aged 9-10 years in Bangunmulyo Village, Pakel District, Tulungagung Regency, amounted to 66 people, the sample was taken by purposive sampling technique a total of 30 people. The independent variable is brain exercise, the variable used is the ability to concentrate on online learning. The data was processed by editing, coding, scoring and tabulating, then analyzed using the Wilcoxon test with the SPSS program. The results obtained before brain gymnastics most of the concentration of learning is sufficient as many as 19 respondents with a percentage of 63%, before brain exercise almost all respondents concentrate on learning as many as 27 respondents with a percentage of 90%. There is an influence of brain gym on the ability to concentrate on online learning in children aged 9-10 years in Bangunmulyo Village, Pakel District, Tulungagung Regency in 2021 where the Wilcoxon signed rank statistical test obtained a p-value of $0.000 < 0.05$. Brain gym can provide the advantage that it supports learning with full concentration, can be done in a short time, does not require special materials or places, can be used in all learning situations.

Keywords: *Brain Gym, Concentration of Online Learning, Children aged 9-10 years*