

ABSTRACT

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THE IMPLEMENTATION OF MEDITATION TO IMPROVE CONCENTRATION AND LEARNING OUTCOMES AT THIRD GRADE STUDENTS IN XYZ SCHOOL TANGERANG

(xiv + 141 pages + 3 figures + 17 tables + 4 graphs + 8 appendixs)

Concentration skill is one of important aspects of learning to helps student to attentively, actively and enthusiastically follow the learning process. Unfortunately, there are still many students who are lack of concentration and at the end they only get low cognitive learning outcomes. Therefore, the teacher advises one solution that could be done in the classroom which is meditation practice as a Classroom Action Research. The objectives of this study were: (1) to analyze the process of applying meditation practice to improve learning concentration and outcomes, (2) to analyze the development of students' concentration, (3) to analyze the development of students' learning outcomes and (4) to identify the obstacles during the implementation of meditation practice. This research conducted in XYZ primary school in Tangerang, of which six primary 3 students became the subjects of this research, starting with the pre cycle stage and was carried on by the implementation of the classroom action in the next two. The author used daily written test scores, grid concentration test, interview and observation form as instruments in collecting the data, that was later analysed and interpreted interactively and qualitatively by using data reduction, descriptive explanation and conclusion. This research results showed that: (1) corrective actions carried out in accordance with meditation practice with continuous improvement through the next cycle, (2) there was an increase in students' learning concentration with percentage score from 33% to 67%, (3) there was an increase in students' learning outcomes with percentage score from 50% to 100% and (4) the obstacles faced were the teachers' meditation skill, the limited of implementation time, and the limited of students' age.

Keywords: learning, concentration, learning outcomes, meditation, classroom acton-based research.

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ABSTRAK

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PENERAPAN LATIHAN MEDITASI UNTUK MENINGKATKAN KONSENTRASI DAN HASIL BELAJAR SISWA KELAS III SD XYZ TANGERANG

(xiv + 141 halaman + 3 gambar + 17 tabel + 4 grafik + 8 lampiran)

Kemampuan berkonsentrasi merupakan aspek penting dalam belajar karena mampu membantu siswa mengikuti proses pembelajaran dengan penuh perhatian, aktif dan antusias. Sayangnya, banyak siswa yang kehilangan konsentrasi dan pada akhirnya berpengaruh pada rendahnya hasil belajar siswa di ranah kognitif. Oleh karena itu, guru melakukan Penelitian Tindakan Kelas dengan menerapkan tindakan perbaikan berupa latihan meditasi. Tujuan penelitian ini adalah: (1) menganalisis siklus tindakan kelas untuk meningkatkan konsentrasi dan hasil belajar siswa, (2) menganalisis peningkatan konsentrasi siswa ketika mengikuti proses pembelajaran di kelas setelah mengikuti latihan meditasi, (3) menganalisis peningkatan hasil belajar siswa setelah mengikuti latihan meditasi dan (4) mengidentifikasi kendala yang dihadapi peneliti selama proses pelaksanaan latihan meditasi. Penelitian ini dilaksanakan di SD XYZ Tangerang dengan subjek penelitian adalah enam orang siswa kelas III yang dimulai dengan tahap pra siklus dan dilanjutkan dengan penerapan tindakan dalam dua siklus. Data penelitian diperoleh dengan melakukan observasi, tes tertulis, wawancara dan catatan lapangan. Hasil penelitian menunjukkan: (1) tindakan perbaikan latihan meditasi dengan pengembangan yang berkelanjutan pada setiap siklusnya, (2) adanya peningkatan konsentrasi belajar dari nilai prosentase 33% menjadi 67%, (3) adanya peningkatan hasil belajar dari nilai prosentase 50% menjadi 100% dan (4) kendala yang dihadapi antara lain keterbatasan keterampilan meditasi, waktu dan usia siswa.

Kata kunci: pembelajaran, konsentrasi, hasil belajar meditasi, penelitian tindakan kelas.

Referensi : 58 (1995-2018)