

BRAIN GYM FOR PHYSICAL MOTOR DEVELOPMENT IN CHILDREN AGED 3 – 4 YEARS

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Abstract

Early Childhood Education is a place or tools of learning for children before entering formal education. Early Childhood Education uses the concept of learning through playing. By playing, it is hoped that children will feel a positive impact and grow well. Brain Gym or Brain Gymnastics is a method to improve concentration abilities in early childhood with simple movements. Where early childhood requires stimulation from outside to support the growth and development of physical motor, social emotional and language. The benefits of brain gym are (1). to stimulate the level of concentration and focus in children. (2). Maintaining body fitness. (3). Overcoming children's learning problems. (4). Stimulates physical motor development. (5). Balancing the right brain and left brain.

The purpose of the study using the brain gym is to find out about this brain exercise activity to improve physical motor development and concentration levels in children, the children's body is healthy and strong and can improve the quality that exist in children. The method used in this research is literature study. Children easily socialize with playmates and communicate actively with educators and friends. Brain gym affects children's concentration and interest in learning to increase. This is interrelated between the brain and the physical child.

INTRODUCTION

The Golden Age is a golden period for early childhood, where at the age of 0-8 years is a period where physical growth and development of fine and gross motor skills require stimulation to develop. In the world of early childhood education. This stimulation/stimulation aims to increase the child's concentration and ability to process emotions and behavior. One approach to increasing children's concentration is through brain exercises or what is usually called a brain gym.

According to Paul E Dennison, Ph.D, brain gym or educational Kinesiology is a series of simple and fun movements used to improve children's learning. Light movements in the form of children's games using hands or feet can provide stimulation that can improve physical motor skills

According to Mita (2020), Brain Gym (brain exercise) is one way to optimize the use of all dimensions in the brain. A child's sensitive period is at the age of 3-4 years, a period where certain functions require stimulation and direction so that their development is not hampered. Providing stimulation really helps children to develop according to their age.

There are two types of motor development, namely fine motor skills and gross motor skills. Gross motor skills are movements that require coordination of the child's muscles. Like running, jumping, climbing. Sukanti (2018: 56) explains that gross motor movements are an aspect of development in early childhood, activities involving body movements such as running, jumping, dancing and skills in using rhythmic equipment with combined movements. According to

Asnawati & Sugianto (2019) fine motor movements are movements carried out by small muscles that only affect certain parts of the body, such as the ability to use fingers and light movements correctly. Both movements, namely fine motor movements and gross motor movements, can be trained using Brain Gym (brain gym).

According to Permatasari (2016), young children can do various things, such as:

1. Imitation is the skill of imitating something that children can see, hear and experience.
2. Concept (manipulation) is a skill that uses a concept and carries out activities such as imitating the gymnastic movements being demonstrated.
3. Precision is motor development related to activities that train accuracy and correctness, such as walking on a catwalk.
4. Articulation is a motor skill that is useful for connecting various very continuous activities, such as passing a ball.

The Early Childhood education process focuses on the method or process of playing so that children can understand the concept of play. The reference for children's growth and development refers to the quality of children's intelligence. Children's intelligence is not only in the academic field but intelligence is seen from all aspects, namely moral and religious values, cognitive, physics, language, social and also arts.

Likewise with brain development, apart from being able to continue learning from birth until death. The brain needs stimulation from the environment so that children become smarter. In children aged 3 years the size of the brain is 80% of the size of an adult's brain and produces billions of brain cells.

By using simple movements, this brain exercise requires cooperation between educators and students. In children aged 3 - 4 years, the period when children are very active and need a wide range of movement to express their energy and physicality. The aim of this research is to determine the effectiveness of brain gyms as stimulation to improve the physical motor skills of young children.

METHOD

The type of research we use is literature study research. The meaning of research from literature studies is to look for sources that are very relevant to explain brain exercise activities in improving physical motor development. The data sources in this research are scientific or theoretical papers related to brain exercise via Google Scholar, articles and journals. Sugiyono (2013) said that literature study research is research to search for, collect and analyze various relevant references to various existing sources such as books, magazines, journals, articles and documents that are very appropriate to existing problems.

RESULTS

Understanding early childhood

According to Faried (2017), children are the next generation of the nation and always receive basic rights and good protection in the family and surrounding environment. Susanto (2017: 1) explains that early childhood children at the age (0 - 8 years) are experiencing a very important period of growth and development.

Gross and fine motor skills in early childhood

Gross motor development in early childhood is the natural ability that a person has to change various body positions using large muscles. Examples of gross motor skills include moving the arms and walking, jumping. In children aged 3 years. Children begin to enjoy simple movements such as running back and forth while laughing, walking quickly, throwing, catching awkwardly. When children are 4 years old, children are very adventurous with physical activities, they dare to climb, climb down stairs, walk on alternate legs to catch the ball accurately and can ride a tricycle.

The development of fine motor skills in children is the ability to manipulate finely which involves using the hands and fingers appropriately in writing and drawing activities. Fine motor skills focus on coordination abilities using the hands and eyes.

Brain gym or what is often known as brain exercise

Brain gym is a series of gymnastic movements using movements that children can follow. In line with the previous statement, heranurweni et al (2018) brain gymnastics or what is known as brain gym is an exercise for physical activity which is beneficial for the brain and body fitness so that the brain remains optimal, the exercise carried out can improve memory. Panzilion (2021) states that brain gym is a conclusion of simple movements that function as a development stimulus for all parts of the brain synergistically.

Brain Gym Movement

1. Cross crow

This movement aims to improve coordination between the right side of the brain and the left side of the brain, the right hand and the left hand and can train children's balance and breathing. The cross-crowl movement can be done sitting, standing or lying down. But try to take a ready position or stand up straight

How to do the cross crown technique

- Open both legs shoulder-width apart or shoulder-width apart
- Raise your right knee until it touches your left elbow, turn your body slightly to the right
- Do it alternately on the other side.



2. Lazy 8

This movement is very easy for young children to do because they move both hands to form the number 8 sleep or what children often call glasses where the right eye and left eye follow the movement of the hands to form the number 8 sleep, this movement can be done well using a blackboard. or air

How to do the Lazy 8 technique:

- Stand up straight
- Raise your hands forward
- Use your index finger to form the number 8
- Turn to the right first and then do the opposite
- Do it alternately



3. Movement of the elephant (the elephant)

This movement relaxes the eyes and neck, making them good listeners, with this movement children can focus on command words and relax tense muscles.

How to do the elephant technique (the elephant)

- Raise your left hand forward
- Keep your arms straight then place your arms on your left ear
- Bend your knees slightly to form a stance
- Draw the number 8 in the air with the strength of his upper body with his arms extended in the air at least 3 times
- Repeat the movement



4. The owls

The movement aims to eliminate the stiffness that occurs in children because they often sit in chairs, so that children do not feel bored in class

How the owl moves:

- Massage the muscles on the left shoulder and also the right shoulder.
- Inhale
- head in the middle position, then exhale to the side / into the tense muscles while relaxing.
- Repeat on the other side.



CONCLUSION

Brain gym movements or brain gym have the benefit of balancing the right side of the brain and the left side of the brain so that the child's logic and creativity will be balanced, the child will be able to develop a sense of enthusiasm to learn to concentrate and have a positive effect on increasing motor development and also redirecting the child's emotions. It can be concluded that brain gym is a physical activity that is very useful for the brain and body, gymnastic movements that are very easy to do and fun for children.

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