

The Use of Habituation Methods in Increasing Childhood Independence During Pandemic Era

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Abstract

The purpose of this study is to increase early childhood independence in PAUD Permata Karunia children in the age group of 4-5 years in the even semester of the 2020/2021 academic year. This research method uses descriptive qualitative research by following the Miles and Huberman model by going through three processes, namely data reduction, data presentation and conclusions. The research time is approximately 3 months, from March 2020 to May 2020 with the subject of research A total of 3 students, data were taken through field notes, observation notes, interview notes, assessments and documentation notes. The results showed that there was a significant increase in children's independence at home during the Covid-19 pandemic era in PAUD Permata Karunia children in the age group of 4-5 years. This is evidenced by observation, assessment and interviews from which the results begin to develop until the results develop very well and from the results of interviews that the Habituation in children and carried out with cooperation between teachers, caregivers and parents makes children's independence work very well. This study concluded that providing habituation methods given to children at home during the pandemic time can improve children's independence skills from an early age.

Keywords: Child independence, Early childhood, Habituation method.

1 INTRODUCTION

Early childhood is a child who ranges from the age of 0-6 years who has extraordinary growth and development that brings out various uniqueness in him. At this stage is the right time to instill good values that are expected to shape his personality. The purpose of education in general is to provide an environment that allows students to develop independence in life skills and shape children's character. Early childhood is a child who ranges from the age of 0-6 years who has extraordinary growth and development that brings out various uniqueness in him. At this stage is the right time to instill good values that are expected to shape his personality

The purpose of education in general is to provide an environment that allows students to develop independence in life skills and shape children's character, So that children can harmonize themselves in society and the environment. In Indonesian big dictionary, independence is a thing or state that can stand alone without depending on others. This understanding is in line with Subroto's opinion which defines "independence as the ability of children to carry out their own activities or be able to stand alone in various things Astiati also said, "independence is the ability or skill that children have to do everything on their own, both related to self-help activities and activities in their daily lives without depending on others.

Independence is an attitude evoked by a child through habituation and is a healthy personality aimed at self-development without help from others. Considering independence

will have a lot of impact. Positive for individual development, so independence should be taught to children as early as possible according to their abilities.

The attitude of independence of children that is a reference is to show an attitude of being able to do every activity themselves, having an attitude of responsibility for their activities, having a confident attitude towards all their works or abilities. This is a concern to see what are the problems in the use of habituation methods in children's independence attitudes at PAUD Permata Karunia Depok.

2 RESEARCH METHODS

This study uses descriptive qualitative research, which is a research approach without using statistical numbers but with descriptive presentation, which is trying to describe a symptom, event, event that occurs in the present moment, where this research photographed events and events that occur into the focus of attention to then be described as they are. This research uses a case study approach. Descriptive qualitative research The case study used in this study aims to understand the phenomenon of implementation plans and evaluations from the school in the use of habituation methods to increase children's independence values.

This research was carried out at PAUD Permata Karunia Depok which is addressed at Jl. Permata Depok Regency Kec. Cipayung Kel. Ratujaaya, Depok West Java and Student Houses in the neighborhood around the school. This study was conducted from March to May of the year Doctrine 2020/2021.

In accordance with the type of research above, the study used an interactive analysis model from Miles and Huberman to analyze research data. Data analysis with the Miles and Huberman model goes through three processes, namely the process of data reduction, data presentation and drawing data conclusions.

3 RESULT AND DISCUSSION

From the description of the data from the initial interview and observation within 2 months, approximately 8 meetings during home visits will be described in the assessment table at the beginning of the visit and the last time of the visit.

Table 1. 1st Visit Assessment

1. Children are able to do simple daily activities	2	2	2
2. Children are able to make their own choices	3	2	2
3. Children dare to express their own abilities	3	2	2
4. The child carries out the assigned task	2	2	2
5. The child can solve his own problems	2	2	2
6. The child can solve his own problems	2	2	2
7. Children are able to understand applicable regulations	2	2	2

Note: Description of values with score number (MB= 2; BSH= 3; BSB= 4)

From the data above, it can be seen that 3 children who are the object of research can see the ability of independence based on the indicators of children just starting to appear, where there is no awareness from the child himself to do it.

Habituation was carried out to the 3 children every time a visit was made. Based on the results of observations for approximately 8 direct visits to the 3 children, the results shown in the following table were obtained.

4 CONCLUSION

From the results of research on the use of habituation methods in improving children's independence skills in PAUD Permata Karunia at Covid-19 pandemic era can be shown that the habituation method given by the teacher while in school at the pandemic period which was carried out repeatedly and gave direct examples to all group A students at PAUD Permata Karunia performed good results and it seemed that the children themselves had done it without being asked again. However, there are indeed some children who seem to have not fully done themselves, but with just few words of reminder, children will immediately do it themselves. The habituation method given by parents at home during pandemic which is also carried out repeatedly to children can provide varying results depending on the child's own background. Some succeed maximally but some do not succeed optimally. The obstacle that occurs at home is the presence of other people or caregivers given by parents to serve children so that children are not optimal in doing the habituation, pandemic conditions that occur make children more at home than outside. They stay more at home than to play or socialize with their friends, and imitate what their families do at home. This can give bad impact on children because the nature of children is to imitate what they see.

It can be concluded that the role of teachers, parents, caregivers and people at home are very important. Mutual support for each other and agreements made together must also be implemented not only for children but applies to adults around them because children will model and give arguments for what is forbidden to him but not applied for adults.

5 REFERENCES

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