

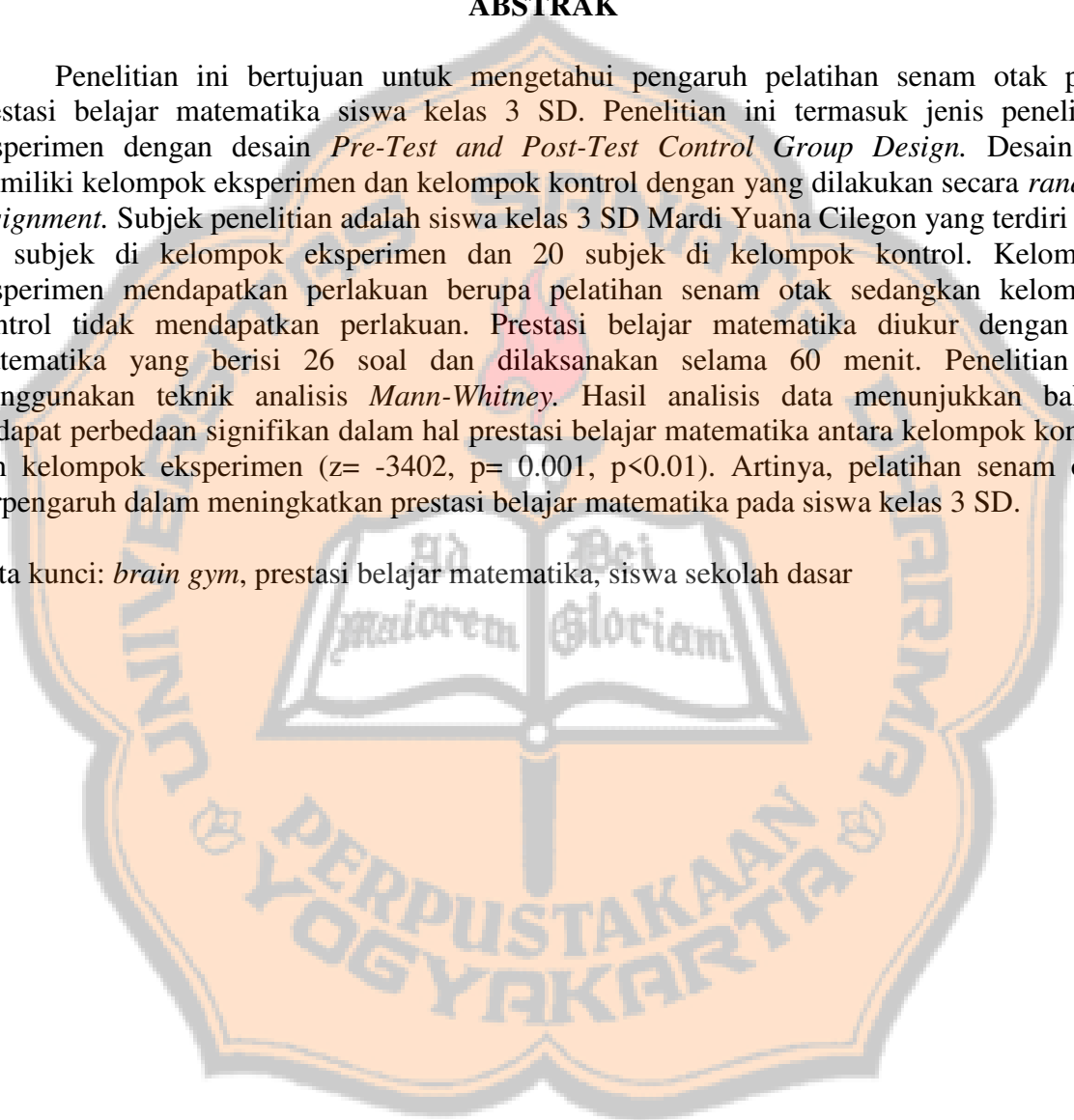
PENGARUH PELATIHAN *BRAIN GYM* TERHADAP PRESTASI BELAJAR MATEMATIKA PADA SISWA KELAS III SEKOLAH DASAR

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh pelatihan senam otak pada prestasi belajar matematika siswa kelas 3 SD. Penelitian ini termasuk jenis penelitian eksperimen dengan desain *Pre-Test and Post-Test Control Group Design*. Desain ini memiliki kelompok eksperimen dan kelompok kontrol dengan yang dilakukan secara *random assignment*. Subjek penelitian adalah siswa kelas 3 SD Mardi Yuana Cilegon yang terdiri dari 20 subjek di kelompok eksperimen dan 20 subjek di kelompok kontrol. Kelompok eksperimen mendapatkan perlakuan berupa pelatihan senam otak sedangkan kelompok kontrol tidak mendapatkan perlakuan. Prestasi belajar matematika diukur dengan tes matematika yang berisi 26 soal dan dilaksanakan selama 60 menit. Penelitian ini menggunakan teknik analisis *Mann-Whitney*. Hasil analisis data menunjukkan bahwa terdapat perbedaan signifikan dalam hal prestasi belajar matematika antara kelompok kontrol dan kelompok eksperimen ($z = -3.402$, $p = 0.001$, $p < 0.01$). Artinya, pelatihan senam otak berpengaruh dalam meningkatkan prestasi belajar matematika pada siswa kelas 3 SD.

Kata kunci: *brain gym*, prestasi belajar matematika, siswa sekolah dasar



THE EFFECT OF BRAIN GYM TRAINING ON MATHEMATICS LEARNING ACHIEVEMENT IN THIRD GRADE ELEMENTARY SCHOOL

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ABSTRACT

The current experimental study was aimed to investigate the effect of brain gym training on mathematics learning achievement in third grade elementary school students. The study design was pre-test and post-test control group design. This design has experimental and control group done with randomly assignment. The participants were third grade students of SD Mardi Yuana Cilegon comprised of 20 group subjects in the experimental group and 20 subjects in the control group. The experimental group received brain gym training, while the control group did not receive any treatment. Students' mathematics learning achievement was measured by math test containing 26 item and was adjusted in 60 minutes. This study used Mann-Whitney analysis. The results showed that $z = -3.402$, $p = 0.001$ ($p < 0.01$). This shows there was a significant differences between the experimental and control group. Brain gym training has significant effect to improve mathematics learning achievement in third grade elementary school students.

Keywords: brain gym, mathematics learning achievement, elementary school student

