

ABSTRAK

“PENGEMBANGAN BUKU PANDUAN PERMAINAN UNTUK MENGEMBANGKAN *EXECUTIVE FUNCTION* ANAK USIA 5-6 TAHUN”

Sebastiana Bei
Universita Sanata Dharma
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Executive function (EF) merupakan kemampuan yang penting bagi kesiapan sekolah anak yakni membantu anak untuk melewati masa transisi dari prasekolah ke Sekolah Dasar. Kemampuan *executive function* ini mampu mengendalikan perilakunya, merencanakan hal-hal sederhana, menyelesaikan permasalahan sederhana dan mudah berinteraksi dengan teman sebaya yang lain. Salah satu strategi belajar yang sesuai adalah dilakukannya berbagai stimulus yakni aktivitas yang berbasis *executive function* melalui kegiatan bermain. Tujuan dari penelitian ini adalah mengembangkan buku panduan permainan untuk mengembangkan *executive function* (*inhibitory control*, *working memory*, dan *cognitive flexibility*) anak usia 5-6 tahun.

Peneliti menggunakan metode penelitian dan pengembangan (R&D) model Borg and Gall dengan menerapkan enam dari sepuluh langkah. Langkah tersebut adalah (1) potensi masalah, (2) pengumpulan data, (3) desain produk, (4) validasi desain, (5) revisi desain, dan (6) uji coba produk. Subjek penelitian melibatkan 6-8 siswa usia 5-6 tahun. Teknik pengumpulan data menggunakan observasi dan wawancara. Validasi produk ini menggunakan tiga validator yakni dosen ahli psikologi dan media, guru kelas dan guru ahli media.

Buku panduan permainan memiliki kualitas yang sangat baik. Kualitas tersebut diketahui dari hasil validasi yakni 3,58 tergolong dalam rentang $3,26 \leq x \leq 4,00$ dalam kategori sangat baik. Hasil dari penelitian ini yakni pengembangan buku panduan permainan dapat mengembangkan *executive function* anak usia 5-6 tahun.

Kata Kunci: Penelitian dan pengembangan, *executive function: inhibitory control*, *working memory*, dan *cognitive flexibility*, buku panduan, dan permainan.

ABSTRACT

**“THE DEVELOPMENT OF GAME MANUAL BOOK TO DEVELOP
EXECUTIVE FUNCTION CHILDREN 5-6 YEARS OLD”**

Sebastiana Bei

Sanata Dharma University

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Executive function (EF) is an essential ability for children's school readiness, namely helping children to get through the transition from preschool to elementary school. This executive function ability can control behavior, plan simple things, solve simple problems, and easily interact with other peers. One appropriate learning strategy is to carry out various stimuli: activities based on executive function, namely through play activities. This research aims to develop a play guidebook to develop executive function (inhibitory control, working memory, and cognitive flexibility) for children aged 5-6.

Researchers used the Borg and Gall model of research and development (R&D) by applying six of the ten steps. These steps are (1) potential problems, (2) data collection, (3) product design, (4) design validation, (5) design revision, and (6) product trials. The research subjects involved 6-8 students aged 5-6 years. The researcher used interview and observation to collect data. This product validation uses three validators: psychology and media expert lecturers, classroom teachers, and media expert teachers.

The game manual is of excellent quality. This quality is known from the validation results, namely 3.58, in the $3.26 \leq x \leq 4.00$ range in the outstanding category. The results of this study are that the development of play guidebooks can develop the executive function of children aged 5-6 years.

Keywords: *Research and development, executive function: inhibitory control, working memory, cognitive flexibility, guidebooks, and games.*