

ABSTRAK

**PENGEMBANGAN BUKU PANDUAN PERMAINAN ATUR KEMUDI DIRI UNTUK
MENINGKATKAN *INHIBITORY CONTROL* ANAK USIA 10-12 TAHUN**

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Anak usia sekolah dasar membutuhkan peningkatan *inhibitory control* agar dapat mengesampingkan hal-hal yang bukan prioritas. *Inhibitory control* membantu anak agar tetap fokus, mengendalikan perilaku, berpikir sebelum bertindak, dan mengelola emosi. Namun, upaya secara khusus untuk meningkatkan keterampilan *inhibitory control* belum banyak dilakukan. Oleh karena itu, penelitian ini bertujuan meningkatkan *inhibitory control* anak usia 10-12 tahun melalui permainan Atur Kemudi Diri. Penelitian ini merupakan penelitian pengembangan dengan langkah-langkah sebagai berikut: Pertama, melakukan analisis kebutuhan melalui wawancara guru dan observasi di kelas. Kedua, merencanakan pembuatan produk sebagai solusi permasalahan penelitian. Ketiga, membuat produk. Keempat, mengujicobakan produk melalui validasi ahli dan uji coba terbatas. Kelima, memperbaiki produk berdasarkan saran perbaikan pada tahap uji coba produk. Hasil dari penelitian ini adalah buku panduan permainan berisi 3 permainan Atur Kemudi Diri. Berdasarkan hasil uji coba di lapangan, buku panduan permainan ini menjadi alat yang menarik untuk meningkatkan *inhibitory control* anak.

Kata kunci: *inhibitory control*, permainan, buku panduan

ABSTRACT

**DEVELOPMENT OF A SELF STEERING GAME HANDBOOK TO IMPROVE
INHIBITORY CONTROL FOR 10-12 YEAR OLDS**

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Elementary school-age children need increased inhibitory control in order to focus and put aside things that are not priorities. Inhibitory control helps children to stay focused, control behavior, think before they act, and manage emotions. However, efforts specifically to increase the ability of inhibitory control have not been done much. This study aims to develop a guidebook to improve inhibitory control in children aged 10-12 years through the game Self-Steering. This research is development research with the following steps: First, conducting a needs analysis through teacher interviews and classroom observations. Second, planning the manufacture of products as a solution to research problems. Third, making the product. Fourth, testing the product through expert validation and limited trials. Fifth, improving the product based on suggestions for improvement at the product trial stage. The result of this study is a game guidebook containing 3 inhibitory control games which were declared feasible by expert validators. Based on the field trials results, this game guide book is an interesting game guide to improve children's inhibitory control.

Keywords: inhibitory control, games, guidebook