

Efektivitas Intervensi Cool Executive Function untuk Meningkatkan Kompetensi Sosial Anak Prasekolah Usia 48-72 Bulan di Masa Pandemi COVID-19 = Effectiveness of Cool Executive Function Training to Improve 48-72 Months Preschool Children's Social Competence During Pandemic COVID-19

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Abstrak

Kompetensi sosial anak prasekolah perlu dioptimalkan karena interaksi sosial yang terjalin semakin beragam. Beberapa studi menunjukkan cool executive function yaitu working memory, inhibitory control, dan cognitive flexibility berkontribusi pada perkembangan kompetensi sosial, tetapi sayangnya masih sedikit intervensi yang menasar executive function dan kompetensi sosial. Penelitian bertujuan melihat efektivitas intervensi cool executive function untuk meningkatkan kompetensi sosial anak prasekolah di masa pandemi COVID-19. Metode convenience sampling dan snowball sampling digunakan untuk merekrut partisipan. Penelitian eksperimental ini terdiri dari 1 sesi pretest, 5 sesi intervensi, dan 1 sesi posttest berdurasi sekitar 40 menit dan dilakukan secara daring. Terdapat 33 partisipan di kelompok eksperimen dan 31 partisipan di kelompok kontrol yang terbagi secara acak. Orang tua partisipan diminta mengisi kuesioner Preschool and Kindergarten Behavior Scale – Skala A pada sesi pre-test dan post-test sebagai pengukuran. Data dianalisis menggunakan analysis of covariance (ANCOVA) dengan mengontrol skor pre-test kompetensi sosial partisipan. Hasil menunjukkan bahwa tidak terdapat pengaruh intervensi yang signifikan setelah mengontrol efek dari skor pre-test kompetensi sosial. Disimpulkan bahwa intervensi yang disusun belum dapat meningkatkan kompetensi sosial anak prasekolah. Penelitian selanjutnya diharapkan dapat memberikan kesempatan interaksi kepada anak secara langsung dan mengukur peningkatan cool executive function dengan alat ukur performance yang dapat diadministrasikan secara daring.

.....Preschool children's social competence needs to be optimized because of the increasing variety of social interactions. Several studies have shown cool executive functions (working memory, inhibitory control, and cognitive flexibility) influenced the development of social competence, but unfortunately there's only few interventions targeting executive function and social competence. The purpose of this study was examining the effectiveness of cool executive function intervention to improve preschool children's social competence during pandemic COVID-19. Convenience and snowball sampling method were used to recruit the participants. This experimental research consist of 1 pretest, 5 intervention, and 1 posttest session conducted online within approximately 40 minutes long. There were 33 participants in experiment group and 31 participants in control group clustered randomly. Parents were asked to fill Preschool and Kindergarten Behavior Scale – Scale A questionnaire. Data were analyzed with analysis of covariance (ANCOVA) by controlling the social competence pretest scores. Result showed there was no significant effect of the intervention and concluded that the intervention has not been able to improve the social competence. Further research is expected to provide opportunities for direct social interaction among children and could measure the increase of cool executive function with performance measurement tools that can be administered online.