

Enhancement Concentration Capability through Hatha Yoga Gymnastics (Action Research in Group B in the Global Islamic Labschool Kindergarten, Depok City, 2018)

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Abstract:- The purpose of this research is to improve concentration capability through hatha yoga gymnastics in the Group B Global Islamic Labschool Depok. Model of Kemmis and Mc classroom Action Research. Taggart. There are 19 children, who consist of 9 girls and 10 boys. The steps of this research: 1) Planing (2) Action (3) Observation (4) Reflection. Data used quantitative and qualitative analysis. Qualitative analysis of used Miles and Hubberman models. This research do in two cycles, there are cycles I and II. The final results of data analysis showed an increase in this can be seen from the pre cycle results 37.22%, cycle I 57.5% and cycle II 92.3%, it can be seen that there is an increase in each cycle from pre cycle to cycle I as much as 20.28%, cycle I to cycle II 34.8%.

I. INTRODUCTION

In its golden age, early childhood also has needs that greatly affect its development, these basic needs are very much needed by the child in the development process, from the general basic needs needed by one of them is the basic need for mental stimulation such as intelligence, skills, independence, creativity, religion, personality, moral-ethics, productivity, etc. (Soetjningsih and Ranuh, 2012: 15). For this reason, it is very important for the child's basic needs to be stimulated so that early childhood can develop well and meet the expectations of parents.

Facts about the child's brain that when a child is born brain cells reach 100 billion, but not yet interconnected except for only a few, namely only brain cells that control heart rate, breathing, reflexes, hearing, and life instincts. When children enter the age of three, brain cells have formed around 1,000 trillion connections / synapses, this number is 2 times more than adults have (Suyadi, 2013: 25). Any stimulation or stimulation that a child receives will give birth to a new connection or strengthen an existing connection.

In the development of a child, it takes concentration capability attention when he does something. With concentration capability the child will be able to carry out activities in accordance with the instructions given by the teacher when the teacher teaches. Concentration capability

attention or attention is a very important thing and is often used in everyday life. As research titled "*Some children do their focus is on winning*" conducted by J. Santacreu and M. A. Quiroga concluded that if children in the class have concentration capability good attention, then learning outcomes what is achieved will also be good (Santacreu and Quiroga, 2016: 175-181) so that concentration capability learning attention is concentration of mind and action on an object that is learned by dispelling or eliminating all things that have nothing to do with the object being studied.

Likewise with the research entitled "*The Influence of Concentrative Meditation Training on Development of Attention Networks During Early Adolescence*" (Siddhi, 2017) conducted by Shruti Bajjal, Amishi P. Jha, Anastasia Kiyonaga, Richa Singh, and Narayanan Srinivasan said that concentration capability attention or attention greatly influences children's learning outcomes in the classroom, where when learning children need concentration capability attention in order to regulate emotions and someone's actions in order to process the information obtained (Bajjal et al., 2011: 1-9).

Viviana Sidhi in her research entitled "*How to manage body, mind, and spirit?*" Explained that concentration capability attention can be stimulated by the activities of *hatha yoga*. exercises *Hatha yoga* performed for 25 minutes each day can improve executive function of the brain, cognitive ability related to student behavior, the ability to control emotions and thought patterns are also actions to be taken (White, 2009: 296-297).

Other research conducted by Nardo and Reynolds who reported that yoga can improve self-control, attention, ability to focus attention, self-effectiveness, body awareness, and also reduce stress on students. Based on several previous studies, it was proven that concentration capability attention is very important in student learning activities in the classroom (White, 2009: 296-297).

From observations made on 19 children aged 5-6 years consisting of 9 girls and 10 boys in the Kindergarten in Global Islamic Labschool Depok it was found that 8 children (42%) did not yet have concentration capability. Apart from the aspect of concentration capability attention

and cognitive abilities where there are 8 children (42%) do not have this ability, and other aspects, namely the ability to control themselves, there are also 5 children (26%) who do not have good self-control abilities. Every child has concentration capability different attention, from the results of preliminary observations made concluded that the existence of factors that influence the lack of ability to focus attention is due to lack of interesting learning materials, peer disorders, and lack of stimulation during circle time in the classroom.

Based on relevant research and preliminary observations made, then the alternative of the problems that belong to group B in the Kindergarten in *Global Islamic Labschool* Depok is to do the exercise *Hatha Yoga* designed in this study. Gymnastics activities *Hatha Yoga* have several advantages, namely the incorporation of body movements and breathing exercises that are good for improving brain function, ability to focus attention, flexibility of the body, and can help children improve social-emotional abilities so that the activities of *Hatha Yoga* can improve focus children's learning attention in the classroom.

II. CONCENTRATION CAPABILITY

Daniel Goleman defines concentration capability attention as follows: "Attention, from the Latin *attendere*, to reach, connects us with the world, shaping and defining our experience." (Goleman, 2013: 134) According to Daniel the word attention comes from Latin, which is to reach towards, connects us to the world and defines experience. In addition to Daniel, cognitive neuroscientists Michael Posner and Mary Rothbart write: "provides mechanisms, that underlie our awareness of the world and voluntary regulation of our thoughts and feelings." According to them, attention provides awareness of the world both in thought and feeling.

Understanding concentration capability attention according to Santacreu in his research entitled "Some children do not pay attention to their focus is on winning" which states that concentration capability attention is concentration capability attention focused on the lesson and the process of obtaining it. (Santacreu and Quiroga, 2016: 175-181) According to Baijal in his research entitled "The concentration of meditation training on the development of attention networks during early adolescence" states that a person's cognitive abilities that regulate thoughts, emotions and actions so that they can process information obtained by that person. (Baikal et al. 2011: 1-9)

Meanwhile, according to Krawietz in his research entitled "states concentration capability attention is a behavior that shows someone to focus his mind and can control himself consciously. Surya said that concentration capability learning attention is concentration of mind and action on an object that is learned by dispelling or eliminating all things that have nothing to do with the object being studied. (Surya, 2003: 89) According to this understanding the researcher concludes that concentration capability attention means to focus all of the mind's power and actions on an object that is learned so that the

information conveyed by the teacher during the learning process can be processed, stored for a long time. Whereas according to Dimiyati and Mudjiono concentration capability learning attention is concentration capability attention on the lesson where attention is a process where a person increases the acceptance of certain information (which will then be processed further) and inhibits other information so that concentration capability attention can be applied to various activities, one of them is when studying. (Dimiyati and Mudjiono, 2006: 76)

According to the Thursan Judge in outline, most people understand the notion of concentration capability attention as a process of concentration of thought on a particular object. With this understanding, there arises another understanding that in doing concentration capability attention, people must strive so that all the attention of the five senses and their mind can only focus on one object. The five senses, especially the eyes and ears may not be focused on other things, the mind must not think about and remember other problems. (Hakim, 2003: 1)

Based on the above theory, it can be concluded that concentration capability attention is concentration capability attention is a person's ability to focus his mind consciously, which includes three things, namely concentration capability attention, cognitive ability, and self-control.

III. HATHA YOGA GYMNASTICS

Juliet's defines other things about yoga in children: "Yoga is a timeless and practical technique for developing both the mind and body". (Juliet, 2004: 123) Which means that yoga is a timeless and practical technique for developing the mind and body. Yoga is Yoga, not something that relates to a particular religion or belief. Yoga is a spiritual technique that is older than any religion in the world, including Hinduism, the oldest religion in human history.

Hinduism is a religion based on the Vedic scriptures. While the Vedas were first composed around 5000 BC, at the time of the entry of the Aryans into India. While Yoga has been known to the people of India long before the arrival of the Aryans.

According to Pelgrum, Yoga is good for children because it can increase concentration capability children's attention or attention in class. Yoga for children can be applied to children from an early age because by practicing regularly can help motor development, awareness of the mindset, which is accompanied by a pattern of good breathing in children.

Meagan McCrary defines yoga as follows: "Yoga is a system of exercise, but yet it's so much more. Considered a physical, mental, and spiritual discipline, yoga is an ancient belief system, a science of exploration, a process of self-discovery, a method of personal development and spiritual evolution, and an art of transformation. It is a complete approach to total well-being, and, for many, yoga is a way

of life. According to Meagan Yoga can mean a system of practice, but more is believed to be a physical, mental, and spiritual discipline activity where yoga is considered an ancient belief system, the development of science, the discovery of identity, self-development methods and evolution of the spiritual, and the art of change. In depth yoga is interpreted as an approach to well-being and for many, yoga is a way of life. Swami Sivananda defines yoga as follows: "Yoga is a way of life. An integrated system of education for the body, mind and inner spirit ". (Widya, 2015, 145). According to him yoga is a lifestyle, an integrated education between body, mind and spirit. Yoga is formed from ancient Indian culture and has been carried out and developed since 5000 years ago.

Yoga spread to the western world since the late 18th century and in the early 1900s yoga developed rapidly, especially in the United States after several teachers came specifically to the United States, and vice versa. Many artists in the United States who live a healthy lifestyle through yoga are also exposed to the media so that yoga is quickly recognized throughout the world. Yoga is an activity that involves physical posture and breathing exercises (relaxation), so that Yoga has elements of a method similar to the relaxation process. Yoga is not something related to a particular religion or belief. Yoga is a spiritual technique that is older than any religion in the world.

Yoga belongs to the world, belongs to all people who want to live a spiritual life. Without any ties to religion or tradition. Like the sun, all people have the right to bask under it. It's just that, yoga practice for children is clearly different from yoga for adults.

Yoga, in Sanskrit, means union. Yoga is a form of exercise that combines motion and breathing. That is why yoga practice is beneficial for the health of the body, also stable emotions, and a calm soul. The western world also responds to yoga in terms of the latest research and discoveries of yoga. Through various studies, the western world has proved, perfected, and found facts about the benefits of yoga which in the end is beneficial and increasingly proves that yoga is useful for perfection of one's *mind, body and soul*. The yoga movement can make the body strong, and avoid health problems. The yoga movement makes blood circulation in the body smooth. Then, if the breath that accompanies each yoga movement allows the optimal inhalation of oxygen and smoothens the work of the lungs. This is clearly very good for children in their infancy, with a note that their nutritional intake is still sufficient.

A. Types of Yoga

Gymnastics consist of several styles, and the most frequently done are *Ananda, Ashtanga, Iyengar, Bikram, Kriplau, Kundalini, Sivananda, Viniyoga, Kriya, Tantra and Hatha Yog* (Smith, et al: 2010: 226-238)

Gymnastics Ananda, Tantra, and Kriya yoga are done for meditation through movement and controlling breathing, exercise is not for aerobic or athletic movement activities.

Ashtanga yoga is commonly referred to as power yoga

which focuses on the strength and flexibility of the body. Bikram Yoga is a form of yoga that requires heat of the room above 100 degrees, while Sivananda and Viniyoga are exercises that focus on movements in lifestyle. Kripalu, Kundalini, Iyengar and Hatha Yoga are yoga exercises that practice physical abilities aimed at increasing flexibility, muscle strength, body balance.

From the types of yoga above that have been done for research, yoga exercises that can be done for early childhood are yoga exercises with the type of *Hatha Yoga* where gymnastics is a gymnastics that unites physical movements, breathing exercises and also relaxation.

Unlike adults who do yoga exercises with other branches, *Hatha yoga* adapts modern movements that are packaged to be attractive by incorporating elements of imagination such as animals, plants, objects, etc. that are used to stimulate the brain so that movements (*postures*) given is not a dangerous movement.

B. Hatha Yoga Gymnastics

Hatha Yoga is a physical activity (movement) that is designed in a modern way to strengthen the body. According to Joan in a study entitled "*Effect of the Hatha Yoga on Flexibility and Balance of School*" which quoted Arpita as saying that the initial goal of the Hatha Yoga movement was for health, personal integration and spiritual growth. So that the movement is designed to improve the function of muscles, breathing, and the central nervous system. In *Hatha Yoga* there are two important things to do, namely *pranayama* (breathing technique) that uses the abdominal breathing technique, and not chest breathing and *asanas* (body movements) that use all members of the body.

C. Benefits of Hatha Yoga Gymnastics

➤ Flexibility and strength increase

naturally Children have flexibility in their bodies and can move agile so that they can be said to be developing properly. Deeper levels of yoga will stimulate organs in the body, balancing endocrine and other body systems. The movement of exercises *hatha yoga* combined with other sports activities will help children become more flexible and strong.

➤ Improving body shape

Practicing regular hatha yoga movements can straighten and strengthen the spine, drain blood throughout the body and nourish muscles and bones. Besides that it can increase the capacity of the lungs, maintain blood circulation and drain energy throughout the body.

➤ Awareness of the body (body awareness)

Yoga encourages body awareness through movement gerakan-, where gerakannya are movements that performed repeatedly on both sides of the body so that it can balance the functions of the left and right brain. The ability to distinguish between right and left is a measure of the development of a child's body awareness.

➤ *Breathing*

Important *hatha yoga* gymnastics is breathing exercises encourage children to be able to control their breathing and body.

- The technique of concentration capability children's attention is better because children learn to focus and avoid interference from the outside.

D. Various types of breathing in hatha yoga

Various types of breathing in hatha yoga: 1) Balloon breath 2) Bear breath 3) Bunny breath, 4) Candle breath, 5) Dolphin breath, 6) Feeling breath, 7) Flower breath, 8) Hissing breath / snake breath, 9) Humming breath, 10) Left right breath, 11) Ocean breath, 12) Rainbow breath, 13) Sounding breath

E. Types of movements in hatha yoga

Various types of hatha yoga movements 1) *Warm ups*, 2) *Standing poses*, 3) *Balancing poses*, 4) *Inversions*, 5) *Backbends*, 6) *Hip openers*, 7) *Twists*, 8) *Forward folds*, 9) *Restorative* 10) *Partner work*.

F. Relaxation in hatha yoga

Relaxation encourages students to increase their body awareness. Students have the opportunity to pay attention and focus on experiences that are in themselves through thoughts and ideas and channel them through feelings and sensations that can be obtained during relaxation, so that all forms of stress or tension that is felt can be overcome slowly and obtain the condition of the brain and body that so that children can easily return to concentration capability attention on the lessons or activities that will be carried out. (Caleda, et al., 2014: 224-225)

IV. THE RESEARCH METHODS

Method in this study was action research using the Kemmis and Taggart models. Which consists of four components, namely: planning (*planning*), action (*acting*), observation (*observing*), and reflection (*reflecting*).

Data collection techniques in this study are using (a) observation of action monitoring in children and teachers (b) Interview and (c) documentation.

The type of instrument used is using a non-test in the form of an observation monitoring sheet. The data analysis technique carried out in this study is through two ways, namely descriptive quantitative analysis techniques and qualitative data. Descriptive statistics to compare the results obtained from the first cycle and the second cycle in the form of an average count (*mean*) and calculation / measurement in the form of a percentage. Qualitative data analysis was carried out on data collected through interviews, researcher field notes, and reflection.

V. THE RESULTS AND DISCUSSION

Following are the results of the research on the ability to increase concentration capability attention on hatha yoga gymnastics In Group B at the Kinder garten *Global Islamic Labschool*, Depok City, the following 2018.

➤ *Pre-Cycle*

The result of the pre cycle

No	Student Name	Average	Percentage	Description
1	Az	15.5	27.68	BB
2	Ta	17.5	31.25	BB
3	Aly	17.5	31.25	BB
4	Kha	19.5	34.82	BB
5	Ac	24.5	43.75	MB
6	Sn	21.5	38.39	BB
7	Ath	18.5	33.04	BB
8	Fkr	18	32.14	BB
9	Knz	24.5	43.75	MB
10	Fth	19	33.93	BB
11	Al	21.5	38.39	BB
12	Th	24.5	43.75	MB
13	Rf	19.5	34.82	BB
14	Ryh	24	42.86	BB
15	Kyn	24.5	43.75	MB
16	Kin	23	41.07	BB
17	If	16	28.57	BB
18	Abn	20	35.71	BB
19	Ar	27	48.21	MB
Average		20.84	37.22	BB

Table 1:- above is the level of achievement in focusing attention on pre-cyclical children has not achieved developmental achievements.

The average score of concentration capability attention on B TK Global Islamic School is 37.22 in the undeveloped category (BB). Based on the table, focus attention on it can be presented in graphical form as follows:

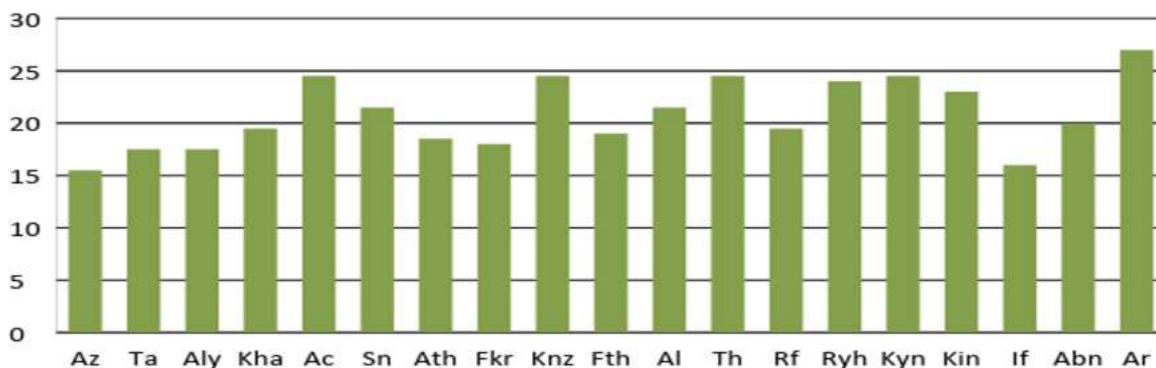


Fig 1:- Pre Cycle Graph focusing attention of Group B Global Islamic School

• *Cycle I*

Here are the results of cycle I:

No	Student Name	Average	%	Description
1	Az	34.9	62.3	MB
2	Ta	32.5	58.0	MB
3	Aly	30.2	53.8	BB
4	Kha	30.5	54.4	BB
5	Ac	33.2	59.3	MB
6	Sn	30.5	54.5	MB
7	Ath	32.3	57.6	MB
8	Fkr	30.7	54.8	BB
9	Knz	30.0	53.6	BB
10	Fth	32.4	57.8	MB
11	Al	31.8	56.8	MB
12	Th	32.3	57.6	MB
13	Rf	34.0	60.6	MB
14	Ryh	31.9	57.0	MB
15	Kyn	29.4	52.4	BB
16	Kin	33.1	59.0	MB
17	If	30.2	53.9	BB
18	Abn	31.5	56.2	MB
19	Ar	41.1	73.4	MB
Average Class		32.2	57.5	MB

Table 2:- Cycle Observation Results I focused on group B Global Islamic School

The results of the above observations when viewed have an average yield of 32.2 or equivalent to 57.5%. There is an increase from pre-cycle to cycle I with an increase of 22.28%. The highest value was achieved by Ar 73.4% and the lowest value by Kyn was 52.4%.

From the above table if described it as follows:

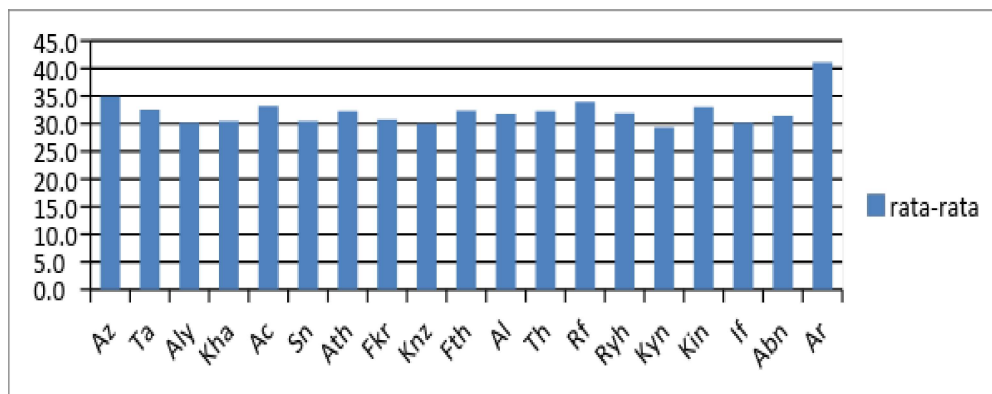


Fig 2:- Graph Cycle I zeroed Group B Global Islamic School

• *Cycle II*

The results of the second cycle are as follows:

NO	Student Name		Average%	Note
1	Az	52.2	93.2	BSB
2	Ta	52.6	93.8	BSB
3	Aly	52.1	93.0	BSB
4	Kha	53.0	94.6	BSB
5	Ac	52.8	94.3	BSB
6	Sn	51.6	92.1	BSB
7	Ath	51.7	92.2	BSB
8	Fkr	53.4	95.4	BSB
9	Knz	49.8	88.9	BSB
10	Fth	53.3	95.195.1	BSBBSB
11	AlAl	47.247.2	84.2	BSB
12	Th	52.7	94.1	BSB
13	Rf	53.7	95.8	BSB
14	Ryh	47.5	84.8	BSB
15	Kyn	52.2	93.1	BSB
16	Kin	48.4	86.3	BSB
17	If	53.4	95.3	BSB
18	Abn	51.0	91.1	BSB
19	Ar	54.3	96.9	BSB
Average		51.7	92.3	BSB

Table 3:- Observations Implementation Cycle II

Average results -ata from the implementation of the second cycle above as many as 51.7 or equal to 92.3% when compared to the first cycle with the results of the first cycle 32.2 or equivalent to 51.7% then an increase of 19.5 or equivalent to 40.6% with a very good developing category. If the table above is depicted in the graph as follows:

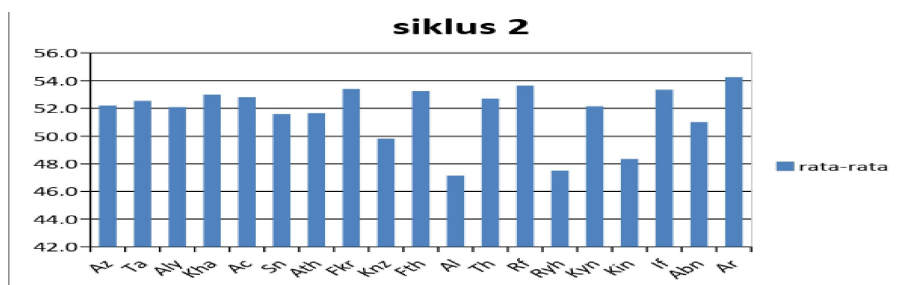


Fig 3:- Graph of the results of the implementation of the second cycle

➤ *Pre-cycle Cycle I and Cycle II Comparison*

Research on increasing concentration capability attention consists of two cycles but to know the comparison of the pre cycle, cycle I and cycle II need to be compared to make it look comparable then below will be made a comparison of the pre cycle, cycle I and cycle II. Below is a comparison table from pre cycle to cycle I and cycle II:

No	Child Name	Pre-cycle (%)	Cycle I (%)	Cycle II (%)
1	Az	27.68	62.3	93.2
2	Ta	31.25	58.0	93.8
3	Aly	31.25	53.8	93.0
4	Kha	34.82	54.4	94.6
5	Ac	43.75	59.3	94.3
6	Sn	38.39	54.5	92.1
7	Ath	33.04	57.6	92.2
8	Fkr	32.14	54.8	95.4
9	Knz	43.75	53.6	88.9
10	Fth	33.93	57.8	95.1
11	Al	38.39	56.8	84.2
12	Th	43.75	57.6	94.1
13	Rf	34.82	60.6	95.8
14	Ryh	42.86	57.0	84.8
15	Kyn	43.75	52.4	93.1
16	Kin	41.07	59.0	86.3
17	If	28.57	53.9	95.3
18	Abn	35.71	56.2	91.1
19	Ar	48.21	73.4	96.9
Average		37.22	57.5	92.3
Amount of Increase			20 , 28	34.8

Table 4:- Results of pre-cycle I observation, cycle I and cycle II

From the pre cycle comparison table, the first cycle and the second cycle above can be read there is an increase from pre cycle to cycle I as much as 20.28 from cycle I to cycle II as much as 34.8. From the table above, it can be illustrated in the graph as follows:

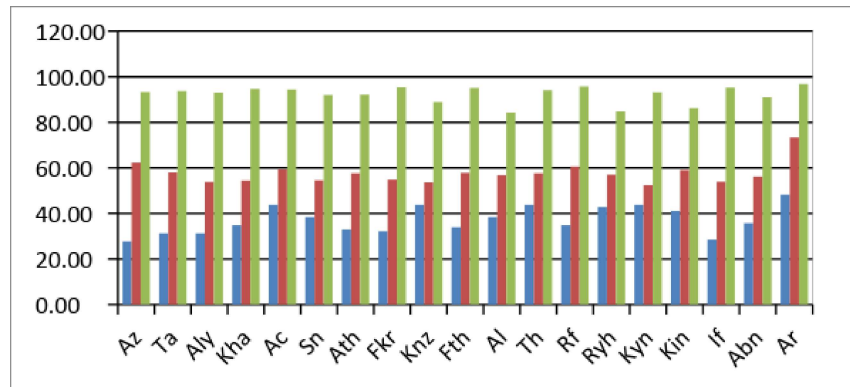


Fig 4:- Results of pre-cycle comparisons, cycle I and cycle II

VI. DISCUSSION

Children are constantly exposed to the latest technology, which has mushroomed over the past decade. Although media technology such as computers and cellphones is a knowledge resource for everyone, its intense use has become troubling; there seems to be a decrease in physical activity among these users, and this lack of mobility has been linked to various types of health problems such as obesity and physical and mental health problems (Nantakumar, 2018: 14-19). The effects of anxiety on the mind also vary. While some experience fear and stress in the absence of real danger, or inability to relax, others may experience a sense of disorientation or brain fog. High levels of anxiety are detrimental because they can affect concentration capability attention and memory, which is a parnormal for academic success. (Nantakumar, 2018: 14-19).

Yoga is an alternative that can be used to provide therapy to children who experience attention-centering disorders. The same thing was done by Erwin and Robinson mentioned that yoga can increase children's awareness, attention and positive things in early childhood so as to lead to successful learning (Erwin and Robinson, 2015: 2-19). A similar study was also conducted by Aprameya, et al in India with children who said that yoga classes according to children's expressions could have an impact on increasing concentration capability attention during the day, focus more on their activities, and pay more attention to their duties, whereas according to the report from parents in children's homes to having good sleep patterns, anxiety decreases, conflict decreases so parents become happier and stress numbers are lower (Aprameya, 2016: 24-28).

From the various results of the above research has relevance to the results of research conducted by researchers in research conducted in terms of the results of the application of yoga including the impact that can be identified from the application of yoga is increasing positive emotions, increased learning outcomes, increased ability to focus attention while the results of researchers in 19 children

at the Global Islamic Labschool in group B, it was mentioned that there was a positive impact of Hatta yoga activities on increasing the concentration of attention skills that could be seen by various indicators including 1) paying attention to the teacher's attention, 2) listening to the teacher's explanation, 3) retelling, 4) answering question, 5) complete the given assignment, 6) control emotions, 7) obey the rules. The seven indicators have increased when before learning yoga exercises.

VII. CONCLUSION

In the process of implementing an increase in concentration capability attention through yoga yoga exercises carried out in two cycles including cycle I and cycle II, each cycle consisted of ten meetings with four steps of activity namely planning, implementation, observation and reflection. gymnastics Hatta Yoga can improve the concentration of attention with seven indicators including 1) paying attention to the attention of the teacher, 2) listening to the teacher's explanation, 3) retelling, 4) answering questions, 5) completing the given assignment, 6) controlling emotions, 7) obeying the rules . The results of the research to increase the concentration of attention through yoga Hatta gymnastics is to increase this can be seen from the increase in each cycle including the pre cycle results 37.22%, 57.5% first cycle and 92.3% second cycle, it can be seen that there is an increase in each cycle from the pre cycle to cycle I as much as 20.28%, cycle I to cycle II 34.8%.

VIII. RECOMMENDATIONS

The results of this study can be recommended for:

- For researchers, future researchers are expected to develop research in schools not just about concentration.
- For schools, schools should apply yoga exercises to improve the quality of the learning process and learning outcomes in early childhood education.

- For parents, it is best to provide opportunities to take part in yoga exercises to improve the quality of children's learning.
- For teachers, teachers should practice yoga to be applied in schools as activities *ice breaking*.

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