

# Program pelatihan mendongeng untuk meningkatkan kemampuan dan frekuensi ibu mendongeng dalam usaha mengurangi masalah perilaku anak usia 4-6 tahun pada PAUD Al-Qoshosh = Storytelling training program to increase mother's ability and its frequency in order to decrease behavior problems of 4-6 years old children in PAUD Al-Qoshosh

Djamila Djauhari, author

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## Abstrak

Penelitian ini bertujuan untuk mengetahui adanya perbedaan pengetahuan mengenai manfaat mendongeng, perilaku cara mendongeng, dan frekuensi mendongeng pada para ibu PAUD Al-Qoshosh. Pengetahuan mengenai manfaat mendongeng disusun berdasarkan strategi pembelajaran PAUD melalui metode mendongeng oleh Kusmiadi (2008). Cara mendongeng disusun berdasarkan kurikulum Children's Literature and Storytelling oleh Speaker (2000). Penelitian ini menggunakan desain pelatihan one group pretest posttest design. Pelatihan dilaksanakan selama 3 (tiga) hari berturut-turut, yakni pada tanggal 29 Juni 2012 hingga 1 Juli 2012.

Intervensi yang digunakan dalam penelitian ini adalah pelatihan mendongeng bagi para ibu. Materi yang diberikan dalam pelatihan ini meliputi perkembangan dan masalah perilaku anak pra sekolah, manfaat mendongeng bagi anak, serta cara mendongeng yang baik. Kegiatan evaluasi kerutinan ibu mendongeng dilakukan selama 2 (dua) minggu berturut-turut setelah pelatihan diadakan.

Analisis data dalam pelatihan ini merupakan metode analisis data kuantitatif dan kualitatif dengan menggunakan paired sample t-test dan wawancara. Analisis data kuantitatif dalam penelitian ini menunjukkan adanya perbedaan yang signifikan terhadap pengetahuan mengenai manfaat, cara, dan frekuensi mendongeng antara sebelum dan setelah diberikan intervensi ( $p < 0.05$ ). Selain itu berdasarkan persepsi para ibu, telah terjadi pengurangan masalah perilaku anak setelah mereka rutin mendongengi anak.

.....The aim of this study is to examine the differences in knowledge of storytelling benefits, methods of storytelling, and storytelling frequency between mothers in PAUD AL-Qoshosh. The knowledge of storytelling benefits is organized by learning strategy in early childhood education on storytelling method by Kusmiadi (2008), which declared many kinds of storytelling benefits for child cognitive and social development, especially in decreasing child behavior problems. The means of storytelling is based on Children's Literature and Storytelling curriculum by Speaker (2000). This research study used one group pretest posttest design. The training was carried out 3 days from June 29 until July 1, 2012.

The intervention of this study was a training program habituation of storytelling for mothers. The materials were child's development and behavior problems, storytelling benefits to children, and the means of strorytelling. Evaluation process of mother's storytelling frequency was held 2 weeks after the end of training.

Data analysis on this study were both quantitative and qualitative, using paired sample t-tests and interviews. Quantitative data on this study showed the significant difference on knowledge of benefits, means, and frequency of storytelling between before and after intervention ( $p < 0.05$ ). Based on the mother's perceptions after they routinely conducted storytelling, there was a decrease in their child's behavior problems.