

ABSTRAK

Konsentrasi belajar merupakan aspek penting dalam proses pembelajaran karena dapat membantu siswa memusatkan perhatian dan memaksimalkan penyerapan serta pemahaman informasi yang dipelajari. Dengan penerapan aktivitas fisik seperti Senam Anak Indonesia Hebat, diharapkan dapat meningkatkan konsentrasi belajar siswa sekolah dasar. Tujuan dari penelitian ini adalah untuk mengetahui Senam Anak Indonesia Hebat dapat meningkatkan konsentrasi pada anak sekolah dasar yang diukur menggunakan kuesioner *Army Alpha Intelligence Test*. Penelitian ini menggunakan pre-eksperimental dengan rancangan *one group pre-test* dan *post-test*, melibatkan 50 orang sampel yang dipilih berdasarkan kriteria inklusi, eksklusi dan *drop out*. Hasil uji *Paired T-Test* nilai $p=0,000$ dengan rata-rata *pre-test* 5.24 ± 1.282 dan *post-test* 7.58 ± 1.090 yang berarti ada peningkatan signifikan pada konsentrasi siswa ($p<0.05$). Dapat disimpulkan bahwa Senam Anak Indonesia Hebat efektif dalam meningkatkan konsentrasi siswa sekolah dasar usia 9 hingga 12 tahun.

Kata Kunci: Konsentrasi belajar, Senam Anak Indonesia Hebat, *Army Alpha Intelligence Test*.

ABSTRACT

Learning concentration is an important aspect of the learning process because it can help students focus their attention and maximize the absorption and understanding of the information being studied. By implementing physical activities such as Senam Anak Indonesia Hebat, it is hoped that the learning concentration of elementary school students can be improved. The purpose of this study was to determine whether Senam Anak Indonesia Hebat could improve concentration in elementary school children, as measured using the Army Alpha Intelligence Test questionnaire. This study used a pre-experimental design with a one-group pre-test and post-test, involving 50 samples selected based on inclusion, exclusion, and dropout criteria. The paired t-test results showed a p-value of 0.000 with a pre-test average of 5.24 ± 1.282 and a post-test average of 7.58 ± 1.090 , which means there was a significant increase in student concentration ($p < 0.05$). It can be concluded that Senam Anak Indonesia Hebat is effective in improving the concentration of elementary school students aged 9 to 12 years.

Keywords: *Learning concentration, Senam Anak Indonesia Hebat, Army Alpha Intelligence Test.*