

ABSTRAK

Memori jangka pendek memiliki peran penting dalam proses pembelajaran anak usia sekolah dasar. Aktivitas fisik diyakini mampu mempengaruhi fungsi kognitif, termasuk daya ingat. Penelitian ini bertujuan untuk mengetahui hubungan antara aktivitas fisik dengan memori jangka pendek anak sekolah di SD Negeri 14 Dauh Puri. Penelitian ini menggunakan metode kuantitatif dengan rancangan *cross-sectional*. Sampel berjumlah 69 orang yang berusia 7-12 tahun yang dipilih menggunakan teknik *purposive sampling*. Aktivitas fisik diukur menggunakan kuesioner *Physical Activity Questionnaire for Children (PAQ-C)*, sedangkan memori jangka pendek diukur menggunakan *Digit Span Test*. Analisis data dilakukan dengan uji *Spearman Rho*. Hasil uji *Spearman Rho* menunjukkan adanya hubungan yang signifikan antara aktivitas fisik dengan memori jangka pendek ($p < 0,005$), yang berarti semakin tinggi tingkat aktivitas fisik, maka semakin baik pula memori jangka pendek anak. Berdasarkan hasil penelitian disimpulkan terdapat hubungan positif yang signifikan antara aktivitas fisik dengan memori jangka pendek anak sekolah di SD Negeri 14 Dauh Puri.

Kata kunci : Aktivitas Fisik, Memori Jangka Pendek, Anak Sekolah, Fungsi Kognitif

ABSTRACT

Short-term memory plays an important role in the learning process of elementary school-aged children. Physical activity is believed to influence cognitive function, including memory. This study aims to determine the relationship between physical activity and short-term memory among students at SD Negeri 14 Dauh Puri. This research uses a quantitative method with a cross-sectional design. The sample consisted of 69 aged 7–12 years, selected using purposive sampling techniques. Physical activity was measured using the Physical Activity Questionnaire for Children (PAQ-C), while short-term memory was assessed using the Digit Span Test. Data analysis was performed using the Spearman Rho test. The results showed a significant relationship between physical activity and short-term memory ($p < 0.005$), indicating that the higher the level of physical activity, the better the children's short-term memory. Based on these findings, it can be concluded that there is a significant positive relationship between physical activity and short-term memory in students at SD Negeri 14 Dauh Puri.

Keywords: Physical Activity, Short-Term Memory, School-Aged Children, Cognitive Function