



Increasing the Concentration of School Holidays in Early Childhood

Khairunnisa Ulfadhilah¹

Universitas Islam Bunga Bangsa Cirebon¹

khairunnisaulfadhilah51045@gmail.com¹

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Abstract

It is very important for fathers and mothers to train their children to focus from an early age because many fathers and mothers make mistakes when introducing basic learning to their children but forget to teach them how to train their children's focus first. If children are used to practicing focus from an early age, they will easily accept various stimulation and basic learning that parents and mothers give their children at home, and children will get used to good focus. Training children to focus is not easy, and it cannot be done quickly, it needs to be gradual and takes time, so parents need to be patient so that children are able to focus well, which will affect the child's growth and development at home and at home. The research method uses descriptive qualitative so that it can describe the results of the research that has been carried out by the author and the research location at PAUD An-Nur. The data collection technique was direct observation at An-Nur PAUD, after which the author conducted interviews and documentation. It is hoped that the results of this research will serve as a guide for prospective mothers and fathers and those who are already fathers and mothers in educating their children and being able to train their children to focus from an early age because children's focus is related to concentration so that they get used to being at home with their fathers and mothers.

Keywords: Parents, Focus Training, Early Childhood, Concentration.

Introduction

Focus training for young children needs to be stimulated by parents at home by going through appropriate and appropriate stages (Adiansa & Wulandari, 2023). Early childhood concentration only lasts 5-10 minutes, so it is very important to apply focus to children using various methods and strategies that parents use at home, and consistency is very important to apply to optimize children's focus (Setyowati & Watini, 2022). The role of father and mother is very important in training children's focus before introducing letters of the alphabet and numbers. If the child's focus has been trained at home with father and mother, the child easily accepts various other stimulations and initial learning for young children, and is used to focusing (Pratiwi & Nur Asi, 2022).

Spending time with children for parents is very important for closer bonding with children, playing together and learning together (Asmara et al., 2021). Apart from that, you can train focus and concentration with your children through various methods carried out by parents regularly and gradually (Manurung & Simatupang, 2019). Training children's focus is highly recommended at an early age so that children are able to focus when they are at home and then get used to it when the child is in the school environment with various stimulation from teachers,

and learning at school (Nurjanah et al., 2023). Training children's focus is another benefit of being able to socialize well with their peers, teachers and the school environment (Wijayanti & Lestarinigrum, 2022).

Children's concentration needs to be stimulated and detected early so that parents, if they find problems with their children, can minimize them early. Training children's ability to focus is very appropriate for fathers and mothers so that children are able to learn or provide other stimulation, if their focus is well trained, then children are able to receive it quickly and precisely (Muthmainah, 2022). However, many mothers and fathers make the mistake of neglecting to train their children's ability to focus at an early age so that they are immediately given other stimulation and an introduction to basic learning (Lathipah Hasanah et al., 2022). So the child has difficulty accepting, and cannot focus on each one or the names. Because parents only prioritize basic learning and other stimulation without training their children's focus, so they will experience obstacles (Sari & Hawa, 2023).

Practicing focus from an early age seems to be beneficial for children's growth and development (L Hasanah et al., 2023). It can train brain performance and support learning, train patience, develop social skills, increase curiosity and memory (Muthmainah, 2022). Fathers and mothers can train their children's focus in several ways using educational games and guessing colors (Sari & Hawa, 2023). Apart from that, it is important to train eyes that are not consistent, how to walk, and not being aware of your surroundings (Oktariani, 2021). Eye and hand coordination is very influential in training children's focus from an early age, provide stimulation, mature other aspects of children's development to be able to train everyone to focus (Mauliddina & Irianto, 2023).

Training children's intelligence when training motor skills will have an impact on intelligence, which will increase, then indirectly training the right brain and left brain can be done with hand movements, and slowly done with children at home, so that the child's abilities can be felt by changes when parents provide stimulation and train their abilities child focus (Adi et al., 2023). The importance of education for mothers and fathers regarding children's focus from an early age is good when applied at home and then when children enter school, they will see differences in ability with children who are not trained in children's focus and concentration (Nurjanah et al., 2023).

Concentration and focus are very important for young children during the golden age so that children's growth and development and education can be optimized at home and at school (Jannah & Setiawan, 2022). Providing coordination between father and mother in the habit of training focus by concentrating on the child when eating, playing, and spending time with the child at home (Fikriyah & Syafi'i, 2021). Education for children in the family is needed, and spending time with children while providing stimulation for children can then train the ability to focus and concentrate (Hardianti & Adawiyah, 2023). Apart from that, children's nutritional intake is very influential during the golden age period by providing various stimulations to support children's ability to focus and concentrate. Try to gradually implement the method of providing stimulation, and make it a habit at home and at school. Then, father and mother work

together with the teacher to train the child's ability to focus and concentrate (Wulan & Watini, 2023).

Nutritious nutritional intake has a huge impact on children's brain development and thinking. If healthy, clean and nutritional intake is provided, it will be easy for children to be stimulated so that the method applied can be accepted by both children and can easily remember every stimulation given by parents at home (Ode et al., 2023). Apart from that, nutritious food and drinks are able to optimize children's growth and development so that it is important to educate mothers and fathers about nutritious nutritional intake to provide stimulation in the form of food and other stimulation for children from an early age (Khairunnisa, 2021).

Mothers and fathers need to be committed to teaching children to focus and concentrate so that children are able to focus when taught at home or at school by teachers (Fadlilatur Rohmah et al., 2021). To train focus, it must be done gradually, but not immediately, and every day to train children to focus. When children are on holiday from school, fathers and mothers sometimes forget to provide stimulation for the child's focus and concentration at home, because if the child has school holidays, the child automatically does not go to school so that the child does not learn by observing these conditions, so the role of father and mother is very important in this case to always train children's focus and concentration during school holidays (Nurkhaifah et al., 2023). Most mothers and fathers, when their children are on holiday from school, miss out on studying or repeating lessons at school, and most of the children even play outside and play with gadgets (Aprianti & Sugito, 2022). It is very unfortunate if school holidays are spent playing with gadgets such as accessing games and YouTube without supervision, it will damage the child's mental development because there is no explanation about what the child is accessing (Rochmah & Utami, 2022).

During school holidays, the average child does not study or even repeat lessons at home, children even play with their peers or go on holiday with their family, so children easily forget the lessons taught by teachers or children are not given stimulation during school holidays. So it is very important for fathers and mothers to be aware that during school holidays, children are still given stimulation and learn together so that children still remember, and optimally stimulate aspects of the child's development.

The stimulation given by fathers and mothers to children from an early age can improve aspects of the child's development during the golden age period only once, so fathers and mothers need to maximize the provision of stimulation for children, and do it gradually every day. The success of children in education and aspects of child development is due to the presence of fathers and mothers who really contribute well and are painstaking in making children grow well and intelligently. Apart from that, intelligent children have an influence on the intake that children consume. If they are given healthy, nutritious food, it will affect the child's brain well, but compared to children who always consume fast food, it will have a big impact on early childhood neuroscience because fast food contains a lot of flour, MSG, and lots of calories. So it is very important for fathers and mothers to pay attention at an early age in terms of stimulation, training the child's focus and concentration, nutritional intake, parenting patterns

and a harmonious family which will have an impact on the child's growth and development, including the child's character. Thus, good cooperation between father and mother is needed in building a household, and providing the best for children until they grow up.

Methods

This research method was carried out by PAUD An-Nur using descriptive qualitative research which describes the results of research carried out by the author. The results of the research can be a reference for prospective parents and those who are already parents to pay more attention to the golden age period of early childhood, and be able to train children's concentration power during school holidays. The data collection technique in this research is observation at An-Nur PAUD then interviews with parents at school and teachers, and carrying out documentation while at school.

Instrument Interview

Date and time : Monday, January 10 2024

Place : PAUD An-Nur

Position : Teachers and Parents

No.	Question
1	How You assess the level of concentration child You during holiday compared to with moment school ?
2	is There is difference in ability child For focus on activities certain during holiday ?
3	Activity what do you think? you are most effective in help child still focus during holiday ?
4	is You use game or activity educative For increase concentration child ? If yes , you can explained more carry on ?
5	How role You in direct and accompany child during holiday ?
6	is You face challenge certain in guard concentration child ? How You solve it ?
7	How You arrange environment home to support child still focus during holiday ?
8	is There is change in environment House during influencing holidays concentration child ?

Results and Discussion

Children are very happy when holidays arrive, children's activities are just playing at home and in the surrounding environment without having to go to school every morning, a holiday that students are waiting for. With holidays, children are very popular, and without studying at school, there are school holidays, so the role of fathers and mothers is very important in this case to always provide children with appropriate learning and stimulation. Apart from that, it is able to train children's concentration power to be sharpened every day with various methods carried out by parents at home. Training children's concentration can be done by playing together, such as puzzles, with the playing method being able to train children's concentration power, and needs to be shaped by parents at home. If the child spends a long time with his father and mother at home, he will be given various stimulations that can optimize aspects of the child's development from an early age, and habits will be made in terms of stimulation.

To fill the school holidays so that children don't waste time at home, you can make educational games using used materials that can recycle waste that is still suitable for use, and then clean them in stages of recycling to make educational games that can train children's focus and concentration. Apart from that, children are able to stimulate developmental aspects well. Then, if the educational game tool has been made, then play together between father and mother and children at home to fill the school holidays, and do positive activities. It would be a good step if parents, when their children are on school holidays, fill their free time by making educational games using used items so that they can build closeness between parents and children at home.

Providing experiences to young children is very good and appropriate for parents to do at home, namely good experiences such as playing together, filling school holidays with holidays or making educational games. The golden age period is very appropriate if children from an early age are often given memorable experiences in their lives, and will be recorded beautifully together with their family. Moreover, a harmonious and warm family situation will provide more strength in terms of emotional intelligence and optimal growth and development. School holidays don't mean you have to leave the house to go on a long trip or spend a lot of money, you just need to make time for your children to play together and bond with your children from an early age.

When children are on school holidays at home, they do fun things but there is a lot of education for children from an early age which can provide provisions for children in the future, and children can talk about the school holidays while at school, being able to tell stories with their peers and teachers. Early childhood children really like telling stories because they are given language stimulation by their parents at home, and they are often invited to communicate by their parents so that the child's stimulation can be optimal. Good cooperation between father and mother in stimulating aspects of children's development, spending time with children who are able to train the focus and concentration skills that children really need, so education needs to be given to parents in terms of appropriate parenting for young children and then put into practice. when at home.

When children are on school holidays, it's time for fathers and mothers to get closer to their children in various ways that can be done together, and shape the child's character with the stimulation applied by fathers and mothers at home. School holidays are not just children not going to school but still being given stimulation, training aspects of children's development, and playing while learning. Creating a pleasant atmosphere is very important, and really supports learning with your parents at home. Mother and father work together well to create a school-like atmosphere, even though it is not the same, it still provides a pleasant atmosphere for children to study with mother and father at home. Good stimulation is given by fathers and mothers because the child has a lot of time at home, so it is very important for parents in education to provide stimulation in training aspects of the child's development as well as training the child's concentration and focus.

An-Nur PAUD, before giving school children a holiday, provides education to parents while the children are on holiday at home, trying to continue providing stimulation and repeating the lessons given by the teacher so that children don't forget the learning during the long school holidays. If the child is not sharpened or remembers when learning at school, it is possible that the child will forget about learning, and will feel lazy when going to school again, so the role of parents is very important in sharpening the child's stimulation and memory when learning at school. Providing education to parents is important by An-Nur PAUD teachers, especially if parents are still new to parenting and don't know how to provide stimulation to early childhood. Parental education will have an influence in providing stimulation very precisely if An-Nur PAUD teachers provide appropriate education but do not patronize parents, and use language that is easy for parents to understand. Vocabulary selection is very important so that you don't get offended easily, you need to be careful with your oral language. Then the An-Nur PAUD teachers set an example for parents in terms of providing stimulation such as playing while learning, training children to focus and concentrate during school holidays at home.

During the golden age, children need to be given very appropriate bonding by father and mother at home to fill the child's love tank according to their portion, with closeness between father and mother and close children, and will get used to it when the child grows up so that they can supervise children and socialize easily if they are close (Ariga et al., 2021). Father and mother and child are intertwined during childhood. So from here parents need to pay attention to how close they can be with their children from an early age, which can be done in various ways, such as getting children used to playing together, training children's focus and concentration from an early age, and listening to children when telling stories (Romadona et al., 2021). Young children are very fond of telling stories, so it is very important for fathers and mothers to be able to listen to children's stories at school and in the child's environment so that children are really appreciated when the stories are listened to fully by fathers and mothers (Wathoni et al., 2023). Apart from that, children's ability to tell stories needs to be honed and properly stimulated so that children's vocabulary increases and certain letters are clear.

The habit of children telling stories to their father and mother in everyday life is good for children's growth and development, children who are good at telling stories are able to interact well with those around them, and children's social interactions can grow well (Sari &

Hawa, 2023). Children are brave in telling stories to teachers that they feel at school, and at home, a courage that can be appreciated by teachers and parents. When a child tells a story and is given good appreciation by the father and mother, it will make the child always tell the story if it has been listened to from an early age, but when the child tells the story and is not listened to by the father and mother, the child grows up to be closed and will not tell anything to the father and mother until he is an adult (Nurhasanah et al., 2021). The small thing of being able to listen to children has a huge impact when the child grows up, and the main thing is that if the child is always listened to by the father and mother, it will have an impact on the child's mental health, then the child will feel appreciated at an early age until the child grows into an adult (Gea, 2023).

Fathers and mothers need to pay more attention to children's education in the family to provide appropriate parenting patterns for children so that children do not experience mental disorders that result in children growing and developing without love, good appreciation and an appropriate portion of love (Ulfadhilah & Ulfah, 2022). Providing care for children by providing the best without differentiating, discriminating, restricting and damaging children's mental health. Taking care of a child's mental health from an early age will have an impact on the child growing up. If the child grows up with a mental condition that is well looked after by the mother and father, he or she will not suffer psychological injuries (Fatima et al., 2023). Sometimes mothers and fathers fail to understand the child's psychology and mental health in their parenting style, which will have a huge impact if they implement inappropriate parenting, and result in the child's character changing from being cheerful to being closed off from his father and mother and those around him (Pontianak et al., 2023).

The child's character and parenting pattern will have a big impact if the child is given the right parenting pattern, the child will grow and develop well, but if the mother and father are given an inappropriate parenting pattern, it will have a big impact, and the child will not be close to the mother and father. A harmonious and warm family will have an impact on the child's psychology and mental health and then grow well when they are in a harmonious family. Parents need to know about establishing closeness with their children from an early age, so it is very important to study parenting so that they are able to establish closeness from an early age until they get used to it when the child grows up, and parents are able to supervise their children socially (Rohmah & Sulong, 2023).

School holidays must be used well for parents to be able to provide bonding, the best parenting style for children because parenting that is implemented from an early age will influence the child's character as they grow up (Hardianti & Adawiyah, 2023). If parents provide proper parenting and a warm family, it will have a big impact on children growing well because they are met with love from their father and mother (Wathoni et al., 2023). Apart from that, school holidays are an opportunity for children to stay at home or be able to play without school activities, so parents must be alert in providing education to children, a good example so that children record every action of their parents and then children are able to imitate what their parents have done (Of & Childhood, 2023). It is very important for parents to set an example

and then their children will follow suit, and providing warmth from an intact family is very important for the child's psychological and mental health to be safe. Parents need to pay attention to maintaining children's mental health because not many parents think that children's mental health must be looked after (Mahyiddin et al., 2023). Most parents are indifferent to mental health, and the impact is that when children grow up they will experience psychological wounds that are invisible to the naked eye but will be visible from the child's character. or become closed with parents and people around (Jatmikowati et al., 2023).

Parenting is important for parents, but not many people realize how important parenting is to educate children from an early age. It is assumed that parents have given love to children but have neglected to watch their words, which sometimes causes injuries to children. Providing stimulation when children are on school holidays must be maximized by parents to children and then done in stages, and every day so that it will be optimized. Carried out every day to stimulate aspects of child development, parents are able to gradually improve the child's painstakingly. During the school holidays, there is a lot of time that can be utilized well, and they are able to find out the child's hobbies.

Parents pay attention to the golden age for early childhood because this stage only exists at an early age when children grow up and will lose this golden age period, so it needs to be utilized as best as possible to provide stimulation and train the child's focus and focus. It is best that before parents introduce basic learning, they need to train their focus because focus needs to be taught by parents by playing or other methods that can train children's focus, and this is very good for children's development of focused focus that has been trained. Education for parents during the golden age of early childhood is main and important so that children grow and develop optimally by providing stimulation and nutritious nutritional intake. Nutritional intake can have an impact on growth and development in stimulation because children's brains need nutritious and healthy food, so parents need to pay more attention to the food their children consume, and be more selective in choosing their children's intake.

Parents need to hone children's concentration when children are on school holidays using various methods and play which provide education to children from an early age, honing children's abilities regularly until children are able to gradually develop in concentration. Good cooperation between father and mother in training children to concentrate really requires a balance in the role of parents, and not just monotonous stimulation of the child by the mother (Mahyiddin et al., 2023). The role of father and mother is very important in educating and providing stimulation, each of them has a role that children need from an early age. Most of the time, the mother's role is more dominant in providing stimulation, but from a parenting perspective it is very inappropriate, but fathers should also have a big role in stimulating developmental aspects, and fathers do not lose the child's golden age development period which cannot come a second time. Stimulation provided regularly by parents is able to shape children's development optimally and painstakingly, and children grow up cheerful. The child's character can be shaped by the parents, and the child sees the parents' habituation and then the child records it so that the child is able to model what the child sees from the parents at home by interacting with those around him. It is very important for parents to form children who have

the courage to socialize so that children are not embarrassed and can easily socialize with their peers.

A harmonious relationship between mother and father can make children feel happy being in a warm and loving family. Educating children needs to be given the best, and don't let it fail because it can't be repeated once to provide the best education and stimulation during the golden age for young children. When parents are harmonious, it has a big impact on the child's psychology and grows well, but if parents often fight, it results in the child looking gloomy and losing the joy of being a child (Siregar et al., 2021). Apart from that, if parents are often angry with their children, the effect is that when parents are angry the child feels afraid, but it doesn't stop at just being afraid, there are several behaviors that develop because children feel afraid. Then the next effect is that if the child tells the truth, the parents scold him, and the child chooses to save himself, namely lying to the parents. When parents are angry with their children, the children will imitate because they are at an early age, they are great imitators, they have an aggressive attitude as parents when they are angry, and the more strict the parents are, the harder the child will be, the harder it will be to advise them in any way. In the long term, it has an impact on the formation of children's self-esteem, which ultimately results in children having negative or low self-esteem, resulting in anxiety and clinginess.

Children don't need perfect parents, but children need parents who are examples of how to be human, and for children to rise up when children have difficulty learning or being stimulated. Enthusiasm from parents is very influential and has a huge impact on a child's progress, and if they continue to provide encouragement with the right stimulation. Children develop an emotional brain, the right hemisphere of the brain, many children who are still toddlers mostly use their left hand, the right brain is developing, including the emotional brain in imagination and in provoking positive emotions, it actually develops all the synapses in the right hemisphere of the brain. At an early age, the reasoning brain on the left side of the brain is very good when given concrete stimulation by parents. During the golden age, it is very good to be given stimulation by parents, and this is done regularly to maximize the stimulation given to children. This golden age phase will have a big influence on the future, so avoid pinching and shouting because it will damage the child's soul, and use a low frequency when communicating with children but still pay attention to being firm with the child.

Conclusion

School holidays are eagerly awaited by students so they can play at home, but parents need to make good use of this condition to learn while playing, and train children's focus and concentration well. Early childhood focus requires appropriate stimulation by parents in various ways to be able to focus or concentrate on children. If children are able to focus so easily, children receive lessons from teachers at school and at home to repeat learning, and stimulation created by parents during holidays. School holidays are used well by parents of their children so that children don't just play with gadgets, and training focus and concentration in early childhood is very appropriate.

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