

PLAYING CONGKLAK TO DEVELOP COGNITIVE ABILITY IN EARLY CHILDREN

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Abstract. The congklak game is a traditional game that is usually played among children. This congklak game is able to develop early childhood cognitive abilities. This research was conducted with the aim of training and developing cognitive abilities in early childhood. This research was conducted using a qualitative approach to the type of descriptive research. Techniques in data collection is done by the method of documentation. Data analysis was performed by domain analysis. The results of his research are the ability to count, accuracy or focus and memory in early childhood.

Keywords: Congklak game, Cognitive, Early Childhood.

INTRODUCTION

Playing is the right of every child, by playing children can learn and know various knowledge by learning children to play. Playing is an activity or activities carried out by children with joy and pleasure. Just like playing traditional Congklak, children can talk, count, socialize with their opponents. The congklak game is a traditional game in Indonesia which is now rarely played and its existence is starting to be forgotten, because there are already more sophisticated ones so that its existence is forgotten by the community, especially children. Congklak is a game played by two people, using a board which has 16 holes, having congklak seeds which usually use small stones, shells, plant seeds or even marbles. In addition, there is an opinion that congklak has 2×7 small basins that are across from 2 large basins on the far right and left which are called ovaries, these ovaries are used to collect Luwuk seeds during the game. Kuwik seeds in this game use 98 seeds which are scattered in each small basin (Frydarliani et al., 2021).

The congklak game in the archipelago is known as congklak, while in the Philippines the congklak game is known as sungka. The congklak game is a game that children have liked and been interested in since ancient times, which is carried out in a pleasant atmosphere, children can play this game in a relaxed manner without pressure, and while conversing with friends. According to Widiyanti (2014), the benefits of playing congklak are training the child's left brain to think, training strategies to collect the most numbers in order to beat opponents, to train the development and formation of the right brain, train children to work together, and train children's emotions (Lestari & Prima, 2018). Congklak games can also train children to count and determine the steps that must be passed (Siregar & Simatupang, 2020).

Cognitive cognition comes from the word 'cognition' same word 'knowing' which means knowing. It can be understood that cognition is one aspect of individual development which includes the ability of mental activity related to the process of receiving, processing and using information in the form of thinking, problem solving and adaptation. Cognitive can be interpreted with knowledge, memory, creativity, thinking power, and reasoning power. According to Pudjiati & Masykouri (2011: 6) that cognitive is defined as learning ability or intelligence, namely the ability

to learn new skills and concepts, skills to understand the environment, and skills to use memory and align simple questions (Khadijah, 2016, p. 31).

According to one of the cognitive understanding experts mentioned by Drever quoted by Yuliana Nurani and Sujiono that cognitive is a designation that consists of all ways of understanding, namely responses, imagination, understanding, evaluation and thinking (Istiqmah & Maemonah, 2021). Piaget's stages of cognitive development (in Beaty, 2013) show that early childhood plays a very important role, because human brain development experiences jumps and develops very rapidly at that age, which is 80%. Then Piaget (in Beaty, 2013) divides children's knowledge into 3 categories, namely physical knowledge, logical mathematical knowledge, and social knowledge (Lestari & Prima, 2018).

Jean Piaget is a well-known educator activist, because each of his conversations discusses growth, especially growth and cognitive development, that name will be referred to as the basis of the conversation. In Piaget's theory, adjusting something to put knowledge at an existing theory or level. The knowledge gained by exploring can increase the child's cognitive theory. Piaget stated that the way children think is not only less mature than adults, because they lack knowledge, but also differ qualitatively. According to him, children are born with several sensorimotor schemes, which provide a framework for the child's initial interactions with their environment (Ibda, 2015). According to Piaget's theory explains that during its development, humans experience changes in the structure of thinking, which is organized, and a structure of thinking that is achieved is always built on the structure of the previous stage. Where these stages are caused by physical objects, social experiences and equilibration (Mery Latifah, 2008) (Khairiyah, 2016).

Congklak games aside from being fun and playing, this game has benefits that society doesn't realize for early childhood, one of which is being able to develop children's cognitive aspects. Cognitive development is the thinking process of the brain which includes the ability to reason, know and understand. The cognitive aspects developed by congklak games for children are counting skills, calculating and summing skills, honing analysis, memory skills, increasing activity, problem solving, strategizing and getting to know comparisons little by little (Frydarliani et al., 2021). Cognitive development has an important role for children's success in learning, because most learning activities are always related to thinking and remembering.

According to Subagiyo in Mulyani 2016: 51) states that the benefits of traditional games are to develop children's logical intelligence, as some of the traditional games train children to count and determine the steps that must be passed, for example in the game of congklak (Siregar & Simatupang, 2020). In addition to preserving traditional games, these games are also a means of playing for children to meet their developmental needs. The congklak game is said to improve children's cognitive abilities because children know the concept of numbers, namely calling the number sequence 1-10, counting pointing to objects up to ten, connecting or pairing number symbols with objects up to 10. Through this traditional game of congklak, children's cognitive abilities develop, children can develop their independence, learn to solve their own problems, and believe in making decisions. (Umay, 2015) (Lestari & Prima, 2018). In the congklak game there are play activities that are fun and focus on children. Thus, the congklak game can be used as an alternative model of learning activities to play while learning in early childhood.

Therefore this research was conducted, to dig deeper into the game of congklak which is now starting to be forgotten. Not only that, this traditional game also has various cognitive aspects for early childhood. Thus, it has many benefits contained in it.

RESEARCH METHOD

The qualitative descriptive method according to Kim, Sefcik and Bradway (2017) is an important research method and is very suitable for answering research questions that focus on questions of who, what, and where events or experiences occur and obtain direct data from informants about phenomena that are poorly understood. The result of descriptive qualitative is factual empirical information. The purpose of descriptive research is to describe a phenomenon and its characteristics. This research is more concerned with what than how or why something happens. Therefore, observations and surveys are often used to collect data (Gall, Gall and Borg, 2007) (Fauzi et al., 2022). Data collection used using Documentation. Documentation is a study that focuses on the analysis or interpretation of written material based on the context. Materials can be published notes, textbooks, newspapers, magazines, letters, films, diaries, manuscripts, articles,

and the like. To gain high credibility, document researchers must be sure that the texts are authentic. This type of research can also explore a person's mind. Analysis of the data used is Domain Analysis (Domain analysis). Domain analysis is essentially a researcher's attempt to obtain an overview of the data to answer the research focus. The trick is to read the data text in general and thoroughly to obtain any domains or domains that are in the data. At this stage the researcher does not need to read and understand the data in detail and detail because the target is only to obtain the domain or domain. The results of this analysis are still in the form of surface-level knowledge about various conceptual domains (Saleh, 2017, p. 88).

RESULT AND ANALYSIS

Counting is part of mathematics, needed to develop numeracy skills that are very necessary in everyday life, especially the concept of numbers which is also the basis for the development of mathematical abilities and readiness to attend basic education (Media, 2012).

Accuracy is a person's ability to direct a movement towards a target in accordance with the goal. Concentration is the concentration of attention, mind and soul and physical on an object. Concentration according to the Big Indonesian Dictionary "Focusing attention or mind on one thing." In this case, the concentration that will be discussed is related to the concentration of learning. Remembering is an act of storing things that are already known to be taken out and reused at other times (Sarlito, 1982, p. 55). There are three types of memory namely sensory memory, short term memory, and long term memory (Media, 2012).

The relevance of counting to the game of congklak in teaching children does not have to always dwell on serious formulas, but can be incorporated into daily activities. Like through games, indirectly we have taught children about the concept of addition and subtraction. So an effective way to improve children's numeracy skills is through games, including the traditional congklak game (Umayyah & Khotimah, 2015).

The method is one of the important factors in improving the numeracy skills of kindergarten children. Often the success or failure of programs to improve numeracy skills in Kindergarten children is related to the methods used by teachers in learning, because methods have an important role in achieving the goals of improving numeracy skills in Kindergarten. With a good and right method by playing congklak.

Playing congklak is a popular traditional game in Indonesia and several other countries. This game involves the use of children's fine motor and cognitive skills, and has a strong relationship with the development and monitoring of children's memory.

Overall, playing congklak regularly can also affect and improve a child's memory through developing memory, increasing concentration, developing analytical skills, and strategic planning. In addition, this game can also improve children's social skills, because they can interact with other players and learn to share and communicate during the game (Li'anah & Setyowati, 2014).

Playing congklak can also train focus and concentration. Congklak is a traditional game that involves moving seeds or stones from hole to hole on a congklak board. In this game, players have to focus on the steps they take, pay attention to the seeds taken from each hole, and make strategic decisions to reach their goals.

Overall, playing congklak can train focus, concentration, planning steps, and analytical skills. This is a fun game and triggers strategic thinking, which can help you hone your mental skills (Harbiyah et al., 2022).

Focus: In the congklak game, players need to focus their attention on the strategic steps they will take. They have to think about the consequences of every step and make the right decisions to achieve their goals. The ability to focus and maintain concentration is very important in making wise decisions when playing congklak.

Counting: Congklak involves judicious counting in some situations. Players need to count the number of seeds in the hole and use them to predict their next move. They must consider the number of checkers in the opponent's hole and their own to make an intelligent decision. This arithmetic ability will be honed by playing congklak regularly.

Remembering: The ability to remember is also important in congklak, especially in remembering the previous steps taken by the player himself and the opponent. By keeping previous moves in mind, players can better predict opponents' strategies and plan their own moves. This involves

monitoring changes to the cochlag board throughout the game and using that information to make better decisions.

Overall, congklak can help improve a player's focus, numeracy skills, and memory skills. By playing congklak regularly, one can practice and develop these skills effectively (Desari, 2018).

CONCLUSION

The congklak game is a traditional game that is usually played among children. In this congklak game, it is able to develop the cognitive abilities of early childhood because the congklak game, apart from being fun and playing, this game has benefits that are not recognized by society for early childhood, one of which is being able to develop cognitive aspects of children. So when a child plays congklak it can produce 3 abilities, namely: count, accuracy/focus, memory.

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