CHAPTER I

INTRODUCTION

A. Background

Education is one of the most important things for human life in the world. Every human being has right to get a good education, it is start from family to the school community. Education is a process to human capacity and potential to achieve a better life and quality. Being educated is very important. It is not only to look for a job, but with has education willed the person in their life more meaningful. Education gives knowledge how we should behave, speak of the word, and learn various scientific fields.

Education level must be taken by a student through an educational institution, such as schools by following the teaching and learning process in the classroom. Law of the Republic of Indonesia No. 20 in 2003 about National Education System in Article 3 mentions that the national education function is to develop skills and character. Also nation civilization that have a prestige in the context to create wits life of the nation, aimed at develop the potential of students become a man of faith and piety Almighty God, noble, healthy, knowledgeable, skilled, creative, independent, and become citizens of a democratic and accountable. By increasing quality of human resources so that education becomes very important and has priority.¹

From the institution, the student will through a learning process with the teacher who will guide and provide scientific knowledge in their respective fields. According to Chaplin, in his Dictionary of Psychology, the process is related to change in behavior or mental. Furthermore "learning process" is the ways or steps that enable to make some changes as well as the achievement of

¹Depdiknas, *Undang-Undang Republik Indonesia No. 20 Tahun 2003* (Jakarta Depdiknas,2003) p. 4.

certain results. Learning is essentially not a goal or object, but it is a process of activities to achieve the goal. In the study, every activity interacts or affects each other.²

CT Morgan, in *Introduction to Psychology* (1961) defines learning as a relatively permanent change in behavior as a result or outcome of past experience. According to Morgan, there are three various changes in behavior that can be observed in a person's development from infancy to adulthood, namely: 1). changes that occur due to physiological processes such as pain, disease, 2). Changes that occur due to the maturation processes, and 3). Changes that occur because of the learning processes.³ Crow in the book *Educational Psychology* (1958), clarifies that Learning is acquisition of habits, knowledge, and attitude. According to Morgan and Crow the things that defined above include new ways to do an effort to obtain the adjustment to the new situation. Learning in their view, appoint a progressive change of behavior. Learning can satisfy individual interests to achieve the goal.⁴

Learning is a voluntary process, planed process. Learning is a change that occurs through training and experience, in a sense, the changes caused by the growth or maturity is not considered a result of learning. To be called learning, the change should be relatively stable, have an end rather than a long enough period of time. How long a period of time it lasts, it is difficult to determine with certainty, but the change should be the end of a period that may last for days, months, or years. Behavior to do changes because of learning on aspects of personality, both physically and psychologically as: a change in understanding, solving a problem, skill, qualification, attitudes, or habituality.⁵

² Alex Sobur, *Psikologi Umum dalam Lintas Sejarah*, (Bandung: CV. Pustaka Setia, 2003), p. 235.

³ *Ibid*. p. 219.

⁴ *Ibid*. p. 220.

⁵ *Ibid*, p. 221 – 222.

Success in learning is not only determined or depended on the brilliance. Attitudes, habits, and learning skills also have a big hand in determining to success of student learning. Beside the things mentioned above, the presence or absence of barriers in learning also affects success in learning. Therefore, the learning process in the classroom is also very important if teachers and students themselves trying to have an attitude and good learning habits, adequate learning skills, and try to be able to avoid or overcome obstacles to learning.⁶ Basically every student has tremendous potential to gain success in learning and gain satisfaction in life.

Therefore, the process of learning will work well if it is supported by concentration factor of a student. Concentration is very important to help improve of skill the student needed in learning activities.⁷ In fact, According to research of education experts, cause of learning quality low, mostly caused by weakness of ability to do concentration of learning. Whereas, optimal or not the result of learning very depend for the people ability intensity to do the concentration.

Concentration is intended to focus whole attention's strength in learning situation. In this concentration mental engagement in detail is necessary, so it is not wind of slight concern. In the study, there may also be attentive to the degree necessary, but not concentration. The materials have a tendency in the minds memorable, but vague in consciousness. The impression is probably too obvious for students to understand in general what they have seen and heard, but not strong enough to make a lasting impression. This is generally caused by a lack of concentration, so that the study results were quickly blurred. Difficulties were encountered in the concentration among the students

⁶Kartini Kartono. *Bimbingan Belajar di SMA dan Perguruan Tinggi* (Jakarta : CV. Rajawali, 1985) p. V.

⁷ *Ibid*, p. 39-46.

who got the impression just to be put down on the paper test, after that they do not know anything else.⁸

Many students fail in their studies. They do not get enough attention from their parents or from their teachers, so they prefer to look for another satisfaction to the negative direction. Whereas they are the next generation of the nation. On their shoulders lies the progress and development of the country. In general, the problems that can hinder the success of education and teaching are the learning difficulties which faced by children. So that the student making cannot absorb the lessons he received properly, especially in terms of concentrating on what students receive.

Psychologically, if students focus on something, then all the other stimuli that not required are not included in the nature conscious. The result of this situation are observation is easier getting in memory, also making responses that clear, sturdy and not easily go away even it is easy to reproduce.⁹

Concentration is about focusing on one thing. Science teaches concentration, how someone use active mind and correct for always accompanies and integrates with the actions, deeds, words, and just focused on that one (which are preferred). In Kamus Besar Bahasa Indonesia Edisi Ketiga, concentration is centralization of attention or mind on one thing; concentration of power, strength, force, etc in somewhere.

While the Java language *Ngesti* (concentration) means expressing all individual power and directing it to a single destination, focusing psychological and physical abilities toward a narrow purpose. This is an

⁹ Ahmda Rohani dan Abu Ahmadi, *Pengelolaan Pengajaran*, (Jakarta : PT. Rineka Cipta, 1991), p. 20.

⁸ *Ibid*, p. 40 − 41.

¹⁰ Gatot M. Sahid Anwar, Ust. Labib MZ., *Ilmu Trawang Meraga Sukma Ajian Penakluk Dan Kadigdayaan*, (Surabaya,:Bintang Usaha Jaya, 1995), p. 35.

intense mental excavation, definition searching that will be supported by an irresistible and a merging into one simple aggregate of various strengths in the individual. All the senses, emotions and even if the whole process could be all the physical body, all brought into one unified and focused on the one goal.¹¹

The main key is needed by someone to be successful at something are working on is the concentration factor. If someone can concentrate the focus for all the resources he has, he will be able to flow with the maximum for that purpose he need, such as when he learns, works, or does anything with more concentration, it will result give maximum result as well. 12

Concentration is an activity. If we more practice, so it will make concentration ability become better, someone certainly cannot expect to be great without exercise. Concentration is the same. Concentration is like a muscle body, more practice will make it stronger. Ability to concentrate surely brings success. This ability produces mastery over the situation, increase efficiency, and enable to solve the problems. 13 Concentration on one thing for a long time is very difficult. If one concentrates on one task, then he will continuing other things. The activity change makes ones able to use the other characteristic. That is why one is able to maintain the concentration of power without getting tired towards an activity.¹⁴

Through this research, researchers uses meditation to help increasing the students concentration. There is no specific training to the concentration, but life gives many opportunities for human to practice concentration. The key is to always take the opportunity to increase the concentration. Meditation can increase the power of concentration. Actually, when we try to meditate, it is

¹¹ Dr. Purwadi, Sosiologi Mistik R. NG. Ronggowarsito Membaca Sasmita Jaman Edan, (Yogyakarta:, Persada, 2003), p. 241-242.

¹²Gari Iyanka, *Melatih dan Menajamkan Konsentrasi Setajam Belati*, (Yogyakarta: Kujan Press, 2010), p. V. ¹³ *Ibid*, p. 2.

¹⁴ *Ibid*, p. 3.

important to be mastered first is concentration. Daily meditation can give the opportunity to practice the techniques of concentration. It can be done by concentrating the mind on a candle or just concentrate breathing. This exercise is very simple, yet very effective. 15

It is expected that this meditation can help students to be able concentrate in their receiving lesson while studying at home, thus improving the quality of student learning to achieve better learning achievement than before. Meditation is an exercise which is useful and easy to understand. There are a variety of meditation techniques, one of them is more concerned to worldly aspects of meditation, which is beneficial for emotional and physical.

Meditation means to raise awareness from the lower thought into the higher thought. Lower thought is equal with what can be seen around, it is the daylight, trees, cars, dirty laundry, or pile on the highway. Meanwhile, higher thought is equal to the changes in the perception. If human consider themselves as a satellite, they will see their selves as part of the universe. Every day, all around them seem not important anymore and also do not bring in the threat. The higher their position, their horizon will be more extensive.16

In meditation, human will realize a full peace with who they really are. Who they are and what the purpose in their life. If they do more practice meditation, we more realize it. If they more realize who they are, we are no longer a victim of stress and anxiety of modern life.¹⁷

The term of meditation has been familiar in Indonesia and also in foreign countries, both among the general public as well as in scientific circles. Even the practice of meditation has thus spread. There is a perception

¹⁵ Ibid, p. 2.
 ¹⁶ Paul Wilson, Teknik Hening Meditasi tanpa Mistik, (Jakarta: Erlangga, 2003), p. 5.

that the practice of meditation is associated with the implementation of certain religious rituals. In fact there is always linked with the practice of meditation practices witchcraft and the occult. Such an understanding is not entirely true. Terms and understanding of meditation practice is now widely used, without being associated with the Problems of religiousness and paranormal world.

In the psychological literature, the term refers to a group meditation practice to restrict of thought and attention (Smith, 1975). While Walsh (1983) revealed that meditation is a technique or training methods used to train attention in order to increase the level of awareness, which in turn can bring mental processes can be controlled consciously. Additionally Ornstein (1986) said that the essence of meditation is an attempt to restrict of awareness for stimulation on an object that does not change in certain time. Furthermore Maupin (in Tart, 1969) suggests that meditation is a exercises technique to develop internal world or the inner world of a person, thus adding to the richness of life meaning.¹⁸

Based on various studies in the field of education, in fact meditation can improve the student concentration, creativity and more are able to cope of troubled students, who are hyperactive or delinquent. Meditation practice lately also started trying applied in clinical practice. Many new methods of psychotherapy that was developed based on the practice of meditation, such as psycho synthesis developed by Roberto Assagioli, Autogenic Training from J. Schulz, Happich's Meditation Training developed by Carl Happich and unitive Body-Psychotherapy from Jacob Stuttman. Meditation popularity in the West is not only supported by many spiritual teachers who teach various techniques of meditation, but more convincing Westerners very

¹⁸ Johana E. Prawitasari Dkk. *PSIKOTERAPI Pendekatan Konvensional dan Kontemporer*, (Yogyakarta: Pustaka Pelajar Anggota IKAPI, 2002), p. 181-182.

rational is the large amount of scientific research has revealed that meditation effects both physically and psychologically.¹⁹

Physical effects of meditation have a lot of experts on the subject who practice meditation using either are Trancendental Meditation and Yoga tradition, Zen Buddism. Although meditation techniques used are different, but the physiological effects also show similarities. These include the effects on the brain waves recorded by EEG (Electro Encepahlo Graph) shows the emergences of a lot of alpha waves, brain waves are contained in the body of the relaxed conditions. Broto (1994) revealed a range of studies to see the effects of meditation practice on brain waves. Among others, it suggests that meditation caues an increasing synchronicity in the brainwaves. While the research of people who meditate with Qigong (meditation with the breath) shows that the power of delta wave decline and develop the power of alpha waves in the frontal area.²⁰

Walsh also mentions some of the physical effects of meditation. Among other things that meditation can lower cholesterol levels. He also mentions that meditation is effective for ashma patients and hypertension. Walsh also reports several research showing that meditation can increase of self-confidence, self-control, self-esteem, empathy and self-actualization. Besides meditation are also effective for people who are experiencing stress, anxiety, depression, phobias, insomnia, and as a therapy to eliminate the dependence on drugs and alcohol. The effects of meditation on the psychological aspect also has been widely reported the researchers. Hjelee compares between groups that doing and not doing meditation practice. He finds that people who practice meditation lower level of anxiety, self-control (measured by locus of control scale) is more internal and higher self-actualization.²¹

¹⁹ *Ibid*, p. 186.

²⁰ *Ibid*, p. 187.

²¹ *Ibid*, p. 188.

In Indonesia, the practice of meditation training is also widely studied scientifically. Eg Broto study found that meditation practice can improve the attitude of self-acceptance. Meditation can develop a sense of camaraderie with our self. Dealing with self-acceptance self-esteem, self-image, self-identity and self-actualization. Subandi research and Utami revealed that meditation can reduce physical complaints experienced by clients both are psychological and physiological character.

While Widiana find difference in the meaningfulness of life among people who practice meditation and who do not practice meditation. The changes of awareness and transcendental experiences can enhance a sense of meaningfulness of life. Ndoen examine the effect of meditation on creativity. Of this research reveal that meditator have more creative attitude in comparison with non-mediators.²²

As for the background already described above, the researchers gave the title of "THE EFFECT OF MEDITATION TOWARD CONCENTRATION BARRIER ON STUDENTS WHO HAVE LEARNING DIFFICULTIES (An Experimental Study)". By using meditation practice, the researcher expects that it can increase the concentration of students. So it can improve the quality of student learning toward a better and more meaningful life for themselves, family, community, nation and country.

B. Research Questions

Based on the background of the author explained above, the researcher formulates the research question follows:

1. Is there any positive effect of meditation toward concentration barrier on students who have learning difficulties?

²² *Ibid*, p. 190-191

2. What is the quality of the effect of meditation toward concentration barrier on students who have learning difficulties?

C. The Aim of Research

The aims of this research are:

- 1. To know is there any positive effect of meditation toward concentration barrier on students who have learning difficulties.
- 2. To know the quality of the effect of meditation toward concentration barrier on students who have learning difficulties.

D. The Significance of Research

The result from this research is expected to be useful especially in the implementation of learning, so that it is more effective and student learning outcomes can be satisfactory in this place of research. As for the advantages of this research can also be felt directly by researchers, students, teachers and schools.

1. significance for Researchers

To increase the stock of knowledge, skills and experience in developing and practicing good science and the training that had been obtained and made in the lecture specifically on meditation therapy.

2. significance for students

The students can improve their concentration in receiving lessons given by the teacher. By exercising, students will be able to achieve good performance.

3. significance for teachers

To enrich the knowledge about the methods and strategies in training of students for concentration so that the teaching and learning process more conducive and comfortable to create quality of the nation generation

4. significance for schools

It can be used as material consideration in order to promote and improve school achievement which can be done through meditation training. So that they can increase the concentration of students in the classroom to provide an understanding neighbor learning materials provided.

E. Prior Research

For further clarifying the issue, the author will describe some of the relevant literature about the discussions that will be researched in this thesis include:

Research conducted by the Muhammad Subkhan from the Ushuluddin Faculty Walisongo State Institute for Islamic Studies Semarang in 2008, entitled "Pengaruh Meditasi Dzikir Terhadap Self Efficacy dalam Mengerjakan Soal Matematika (Studi Eksperimen di SMAN 13 Semarang)" the research explains that there are differences in self-efficacy between the experimental group and control after given the treatment with dzikir meditation can be explained that dzikir meditation has an influence on self-efficacy in mathematics. Influence of self-efficacy in mathematics for achievement show the significant results. it means that there is a relationship of self-efficacy to increase the achievement in mathematics.

Research which is conducted by Muhammad Muhlish from the Ushuluddin Faculty Walisongo State Institute for Islamic Studies Semarang in 2006 by entitle "Meditation" (Telaah Fungsional Substantif) this research explains that meditation has a profound effect for achieving soul awareness, by practicing meditation; human's soul can be calm. If meditation is done deeply, it will more concern on all of mind consciousness, feelings, and emotions to the below zero level, undoubtedly, the tremendous silence feeling will be felt, so there is a sense of relief, airy feeling of the body and mind so light even the heart will always be smiling because of the perceived just a relief and a sense of peace that is so pervasive in the soul. The person who

practicing meditation becomes more aware of itself, remember the original meaning and purpose of life, and about what and the one makes him moving. In order to facilitate the transformation in reaching soul consciousness, it needs the relevant method. Meditation is a bridge which connects the good and relevant to take person to a higher form of consciousness that is the spiritual consciousness.

Aplikasi Meditasi untuk "menurunkan agresivitas" researched by Happy in 2000 shows that the experimental method finds that male students which are trained by practicing meditation appeared to have a lower aggressiveness compared with a control group that did not practice meditation, but all levels of their aggressiveness on the same level. According to researcher, the aggressiveness of male students decline because of the subject to feel peace of mind, have a more open attitude, capable to control themselves, so that the subject can eliminate frustration or anxiety.

In the book entitled "melatih dan menajamkan konsentrasi setajam belati! Trik menguatkan fokus untuk sukses belajar dan bekerja" by Gary Ivanka explains that the required key to be successful in everything is the concentration factor. If someone can concentration his focus on all the resources he has he will be able to flow with the maximum for that purpose he need, such as when we learn, work, or do anything with more concentration it will produce the maximum result. Concentration is an activity. The more practiced and trained, the concentration abilities will be better.

F. Method of Research

1. Type of research

In this research the researcher use experimental research. Experimental research is conducted by manipulation that aim to determine the effect of manipulation on individual behavior that observed. Manipulation can be a situation or a specific action that is given

to individual or group, and then it is see on its effect. This experiment is conducted to determine the effects of a given treatment intentionally by the researcher.²³

2. Experimental design

This research uses single case experimental design, a research design to evaluate the effect of treatment (intervention) with single case (Kazdin, 1992). Single case can be multiple subjects in one group or the research subject is single.²⁴

Single-case experimental design can be used when the sample used is one. Despite all although all experiment use single case, the single case experimental design is different with case studies. The differences are there is treatment in the experimental design, and there is no treatment in the case studies and usually it only uses observation. ²⁵

The form of the experimental design in this research use the A-B-A design, which is begun by baseline phase (A1) it is firstly to measure before treatment, then it is continued treatment phase (B), and the baseline phase (A2) it is to measure after being given the treatment phase. If, during the treatment phase, the observed behavior shows a difference that is compared with the behavior during the baseline phase, it is seen as an effect of a treatment that has been given.²⁶

3. Variable of Research

Variable in this research is meditation and concentration:

a. Independent (Y) variable: Meditation

Dependent (X) variable: Concentration b.

²³ Latipun, *Psikologi Eksperimen*, (Malang: Penerbitan Universitas Muhammadiyah Malang, 2010), p. 5.

24 *Ibid*, p. 85.

²⁵ *Ibid*, p. 86.

²⁶ *Ibid*, p. 91.

4. Data Collection Method

In order to obtain data on the research, researcher use Wechsler Adult Intelligence Scale (WAIS) test method is the standard of Wechsler scales for measuring intelligence of adult subjects, that attain the age of 16-75 years or more, in which the tests execution are done by individual to determine the concentration levels of students. And to support the data collection, this research also uses interview method.

5. Subjects of Research

Subjects in this research are subject MF (female, 17 years, Banjaragung Bangsri), subject FF (male, 18 years, Banjaragung Bangsri) and subject OS (male, 18 years, Banjaragung Bangsri). The subjects are the students from XII class at SMK Darul Musyawarah Nglumosari, Bangsri, Jepara.

6. Data Analysis Method

Analysis of data from a single case experimental research design is use a graph analysis. This graph present the result, it is made an assessment of the effectiveness of treatment.²⁷

G. The Writing Systematic

Overall, the studies in this research consists of five chapters, each chapter has its own section. The first chapter is an introduction. Introduction describes the background of the problem, the reason why the researchers choose the title. And what questions in this research.

The second chapter, the second chapter contains about overview of meditation and concentration, reviewing about what meditation is, how to meditate, and what are the benefits and purpose of meditation. The next subchapter review of the definition of concentration and then the discussion will

²⁷ Latpun, *Op. cit*, p. 94.

be continued on study and learning concentration, then the concentration factor and the general characteristics of the student's ability to concentrate.

Third chapter describes the research methodology used in this research; researchers used a single case experimental method. Single case experimental design is a research design to evaluate the effects of treatment with single case, single case can be several subjects in a group or researched subject is single. The next section described the data collection techniques used as well as when and where the research was conducted.

The fourth chapter the author describes the research data obtained through the measurement of the concentration of the test. In this experimental research, researchers present data of test results using graphs. It relates to the method used in this research, which states that the analysis of the data in this single case experimental design is use to quantitative analysis.

The last chapter (the fifth) is the conclusion and suggestions. Conclusion contains the results of research on the subject matter under research and answer above formulation of the problem in research question.