## **CHAPTER V**

## **CLOSING**

## A. Conclusion

- 1. Based on the results of this research, it can be concluded that there is a positive effect of meditation toward concentration barrier on students who have learning difficulties.
- 2. The quality of meditation effect toward student concentration with WAIS test that the results is follows: Subject MF At baseline (A1) or the measurement of concentration test before treatment get a stable, total score is 6, so the results in baseline (A1) is significant enough. Then do the baseline (A2) again or measurement of concentration test after meditation treatment, get total score is 14, so the scores increased as much as 8 points. And the final result in the baseline (A2) after treatment is significant.

Subject FF at baseline (A1) or the measurement of concentration tests before meditation treatment get a stable, total score is 5, so the results in baseline (A1) is not significant. Then do the baseline (A2) again or measurement of concentration test after meditation treatment is he gets total score is 12, so the score increased as much as 7 points. And the last result in baseline (A2) after treatment is significant.

Subject OS at baseline (A1) or the measurement of concentration tests before meditation treatment is gets a stable total score is 6, so the results in baseline (A1) is included significant enough. Then do the baseline (A2) again or measurement of concentration test after meditation treatment is he gets the total score is 13, so the score increased as much as 7 points. And the final result in baseline (A2) after treatment is still significant.

Meditation become one of ways to make a concentration will be better. From the result of this research is effective to increase their concentration especially in study or learning.

With this research, Researcher hopes this meditation can always be applied to students who have difficulty in concentrating when learning takes place. Should this meditation also be supported by all parties, both from the school and the family in consider the development of learning of students.

## **B.** Suggestions

- 1. The researcher hopes this method meditation can be applied to students who have difficulties in concentrating.
- 2. It is expected to SMK Darul Musyawaroh or other school, providing a special room to do guidance and counseling. Further, it will ease the teacher giving therapy to the troubled students.
- 3. For the students, in particularly and in generally to the performer meditation further, they should really earnest and sincere following the meditation process. Once it is done with the sincere heart, it will give a positive effect for both, body and soul.
- 4. The researcher hopes that this research will not stop only here, but it will be continued by other researcher, so it will bring the better result.