

CHAPTER IV

THE RESULT OF RESEARCH AND ANALYSIS

A. Background of The Subjects

1. Subject MF

Subject MF is female. She was born in Jepara, 18 August 1997 and resides at RT. 01 RW. 02 Banjaragung, Bangsri. Subject MF is the first child of two brothers'. Her status is a student in high school. The work of her parents is self-employed and her mother is a housewife.

According to information from the parents, Subject MF comes from poor families. As a result of learning concentration not maximal because of the burden to the lack of facilities and infrastructure are not conducive to study. Subject MF not received more attention from parents because of busy to work and take care of the family so that the study and spirit is less. There were never any demands from families to study hard because the parent's education is low so Subject MF not has strong motivation to study.

Daily activities of subject MF is school. Subject MF include rare and almost never break in the afternoon. The rest of the time is often used to play with her friends. When her time studying at night she used to sleep, because it was tired during the school day and undergo the other activities. Subject MF unfavorable in social environment, consequently is Subject MF influenced by her friends so it is irregular learning and sometimes emotions are not well to controlled.

According to the class teacher, subject MF who often experienced problems in the learning process are she often late for school because she was ill-prepared so lazy when it receives the first lesson and lead concentration was not optimal. Explanation of the teacher do not pay attention because remembering or thinking about other things besides study, consequently she

could not master the lesson quickly because it cannot automatically pay attention to the information given by the teacher. Always looking for excuses when unable to answer questions from the teacher. Upon receipt of the lessons often conversing with a friend so it cannot capture the the material given by the teacher. Academic achievement is still lack. A classroom condition is not conducive so the learn environment is not comfortable.

Not do the tasks assigned by the teacher because it is more playful in the classroom. As a result she often had difficulty to answer the questions or do the assignments. When study, Subject MF cannot concentration to long, and should be interspersed with a short break. When the mind is dizzy and too late for receive disliked she lessons, Subject MF difficult to study and concentrate on the job she is doing.

2. Subject FF

Subject FF is male was born in Jepara, March 3, 1996 resided at RT. 01 RW. 04 Banjaragung Bangsri. Subject FF was the first child of two sisters. The work her parents are self-employed and mothers selling to work at home while making their own snacks for sale.

Information from the parents that a small Subject FF not have a history of physical pain. Subject FF include spoiled child, when he wants something must be immediately fulfilled. Family came from humble families. when being advised, Love denied the parents talk. Parent education only up to primary school, so the attention to study is still lack. The most important thing for parents is that he wants to the school. Even so, parents are still telling him to study every day because Subject FF is the lazy boy. Subject FF also very often to sleep late just to play games. That is why he is sometimes late to go to school due to waking up late.

Investigators received information related to issues that are often experienced Subject FF has trait are rather difficult to set up. Often make noise in the classroom. Like to annoy his friends.

Cannot be on time when asked to do the problems by teacher. When receiving a lesson, cannot focus because of his calm and could not easily influence by other friends. As a result he was difficult to understand the lessons given by the teacher. Easy to give up when experiencing difficulties in do the questions. Learning achievement is still lack owned.

When he met with the subjects that he does not like, then he feels lazy to pay attention. Way of learning is only sometimes perfunctory, which is important according to him has been seen study by his teacher. Subject FF prefer playing than study in earnest. Subject still often come home from school early and pleases him.

3. Subject OS

Subject OS is male was born in Jepara, 2 November 1996 address at RT. 02 RW 04 Banjaragung, Bangsri. Subject OS is the first child of three brothers who all younger brother still small. Father's occupation is self-employed while mother only at home but sometimes has a job.

Subject OS is a son of the family that is simpler and not too capable. Life in the village with all it is limitations and shortcoming. Subject OS include independent child, because attention of parents cannot be fully given to him because it still has three other brothers were still small. Parents is not so concerned the development of Subject OS, study because every day is always busy to work.

Support of family not so maximal, so that lack learning achievement and motivation to study is low. Not to have ideals and a clear purpose, consequently feel lazy to learn. Social environment is also not good, because it affected his friends who like to hang out, create activities that are not clear. When learning while watching TV, consequently that concentration could not be and more fun to watch. When warned parents, ignored

Problems in teach a subject that is often experienced by Subject OS. Is less able to focus on the subject matter because it is difficult to understand the

lessons he received. Learning only viable when there is repetition. When the teacher gives an explanation seems to write and listen, but he did not write what was ordered and when the teacher given questions cannot answer. Frequently absent from school when subjects read the book because it was not able and dislike.

Subject OS still difficult to coordinate a series of movements exactly according to the instructions given by the teacher. There has been no willingness to respond to the materials given by the teacher. The study cannot be manageable units. Still often do not carry the equipment and required textbooks. Because there is no preparation before.

B. The Research Data Description

1. The Research Preparation

Before researcher do in the field, researcher has prepared the things she needed in this research. Researcher has determined the assays used to measure the concentration is using the Wechsler Adult Intelligence Scale, was created by David Wechsler. Then prepare the meditations module given to the subject as much as three times, those are relaxation, fortunately meditation and confidence meditation.

Before executing this research, researcher conducted the first meeting with the headmaster of SMK Darul Musyawaroh by bringing the research permission letter from ushuluddin Faculty that has been approved by the advisor and signed by the vice dean I on 12 November 2013 at 12.00 am. Then the researchers explained the purpose and objectives of this research as well as the things that are needed in this research.

Then headmaster and the teacher of class recommends three subjects with characteristics predetermined by researchers in previous chapters are class XII, domiciled in bangsri and have difficulty in concentration. The third subject is Subject MF (female, 17 years, Banjaragung Bangsri), Subject FF

(male, 18 years old, Banjaragung Bangsri) and Subject OS (male, 18 years old, Banjaragung Bangsri). The headmaster explains that the three students, are the students who have difficulty on concentrating during the learning process takes place. They often make noise when in class, the teacher unruly, difficult to capture lessons, sleepy when in class, cannot understand the material and the others.

After determining the subject, then specify of the time and place of research on 13 until 18 November 2013 in two places the measurement is done in mosque and the meditation is in subject's home. Determination of the research place and time of these have been discussed by the headmaster. Because the subject is class XII, the headmaster does not allow if this research carried out during the learning process takes place especially at a time of national subjects. To baseline or measurement before and after the research done in the morning because at that time is not there is a national subject, so it is allowed by the headmaster.

So at the time of implementation of this meditation, researcher uses time outside school hours during the night because the subject in the afternoon was joining extracurricular tutorial lesson and take place in housed each subject the approvable by the headmaster. The determination of this research time and place of course by mutual agreement of the researcher, the headmaster and the subject. As for the measurement and provision of treatment is given to the subject in turn. First is Subject MF, second is Subject FF and the third is Subject OS.

Related place issues, because the mosque is a mosque used especially for men, the female subjects or female students may not use the mosque. A woman subject is examined in the staff room corner with the lid is cupboard. Because at this school room is still very limited, because it is still under construction. So there is no special room to guidance and counseling (BK).

Then the researchers were brought directly to the three subjects who had been recommended by the headmaster. Then the researcher to do introductions, expressing the intent and purpose of this research was conducted, describing research related materials that will be given, and also explaining where and when the research will be implemented. Researchers also provide personal questions related to each subject.

2. Phase Research Description

This research was conducted for 6 days. The details of the time, is 2 days for the baseline phase (A1) before treatment, 3 days for treatment phase, then 1 day for withdrawal of treatment phase or baseline phase (A2) after treatment.

The baseline phase (A1) is the first research to measure of concentration test early in the morning to the subject individually to see how far the level of concentration that is owned by each subject. Initial baseline phase is given before each subject received of meditation treatment. So in this phase the researcher does not give preferential treatment to the research subject. Researchers only measured the concentration owned by the research subject. The concentration test in this research uses the Wechsler Adult Intelligence Scale created by David Wechsler. This Baseline phase is conducted twice, in order to measure this concentrations can be stabilized.

The second phase is the phase of treatment (B). In this phase the researcher provides meditation treatment. Meditation is given to research subjects as much as three times. This meditation is done at night because during the third day following subjects learning in the classroom, and in the afternoon after school, the three subjects join the tutorial. So that meditation is not effective if it is done during the day light. The provision of this meditation is done for 15 minutes for each subject individually. The first meditation is given relaxation, thanks god meditation and confidence meditation.

The third phase is the second baseline phase (A2) returns to its first condition. In this phase of the implementation is not given. This last phase to measure again the concentration level of the subject after the treatment is the meditation. This phase has purpose to know whether the affects of meditation to increase the students concentration.

3. Implementation of Meditation Treatment

Overall provision of meditation conducted by researchers at the 15 to 17 November 2013 which starts at 19:00 until 20:30 alternately to each subject. The place that is used in giving this treatment is at home of each subject which is not far from the school in the village Banjaragung Bangsri. So the researcher directly visit to the every subjects home.

Provision of this meditation is given to each subject for 15 minutes every time meetings. Every subject /.,receives the treatment is three sessions, as follows:

a. Session I

Session I is relaxation. The purpose of this relaxation is a starting gate to train the mind to concentrate. This relaxation can make the subject's body to be light and comfortable so that thoughts and feelings to be very relaxed and calm. This relaxation visualizes ranging from face, hands, stomach, and legs.

b. Session II

Session II is thank god meditation. The purpose of this meditation is to give awareness to the subject by way of focusing the mind and feelings of breathing. Continuously subject to pay attention the passage of air through the nose.

c. Session III

Session III is confident meditation. The purpose of this meditation is to increase the confidence that owned the subject that he is capable of doing things that is hard to do by subject. This meditation is focus attention

on the activities of rock climbing. Subject visualizes and come to feel how the process was carried out through a rock climbing a very steep cliff.

Giving the treatment process on the Subject FF took place on 15 s / d 17 November 2013, conducted in the subject home located in the living room, RT.01 Rw. 04 banjaragung Bangsri at 19:00 pm. In the first session, the subjects could either follow the instructions given by the researcher, so that the subjects felt his body lighter after doing meditation. Subjects have a good meditation, but amid the ongoing process of meditation there is interference is a voice. But meditations are still running smoothly.

In the second session, Subject FF meditate by concentrating on his overall, the subject can follow meditation completely. At the second session does not have problems and annoyance. The subject can easily concentrate on breathing. But after well done, the subjects felt a slight tingling in the feet. In the third session, the Subject FF concentrate and feelings on rock climbing activities. Basically Subject FF can concentrate well, but in the middle, he hear vehicle noise nuisance so meditate a little annoying when the process takes place. The weather was also support less on the night.

The process of giving treatment to Subject OS took place on 15 - 17 November 2013, conducted in the subject home located in the living room, Rt.02 Rw. 04 Banjaragung Bangsri at 19:30 pm. In the first session, the Subject OS subject can follow the relaxation well, even he felt the change in her body so that feel better and lighter. There is no significant obstacle during the relaxation process takes place.

In the second session, the subject basically can concentrate only on breathing. However, during the process of meditation takes place, there is a children voice disturbance that makes noise. After completion of the meditation, she felt a slight tingling and the back feel a bit tired because not habitually to straighten his back in order to upright. In the third session, the Subject OS can also follow the instructions, but sometimes he is a bit difficult

to concentrate only on rock climbing. The weather was also not support on the night. However, overall he is able to keep up with both.

The process of giving treatment to Subject MF took place on 15 - 17 November 2013, conducted in the subject home located in the living room, RT.01 Rw. 04 banjaragung Bangsri at 20:00 pm. In the first session, going on smoothly without any obstacles. Subject also feels the changes, her body becomes lighter, relaxed and the mind becomes calm. In the second session, Subject MF subjects also easily concentrate on her breath. And this session also no barriers. In the third session, the subjects feel cannot concentrate fully on rock climbing, but she still can follow the subject very well. As for the obstacle is bad weather condition on that night.

5. Significant Level Scale of Treatment Effect

The scale is made relating to the success rate of a treatment that has been given. It should known that the significant level of each subject of this research cannot be taken on average, because each of the subject has different character, difficulty, and also abilities. So that several things like the significant level of inequality between the scales effects of the treatment given to the results of tests carried out can occur. Below is the significant level scale of the treatment effect.

Table 1.6 Significant Level Scales of Treatment Effect

INTERVAL	EXPLANATION
15-17	Very Significant
11-14	Significant
6-10	Significant enough
<5	Not Significant

6. Concentration Test Results Data Description

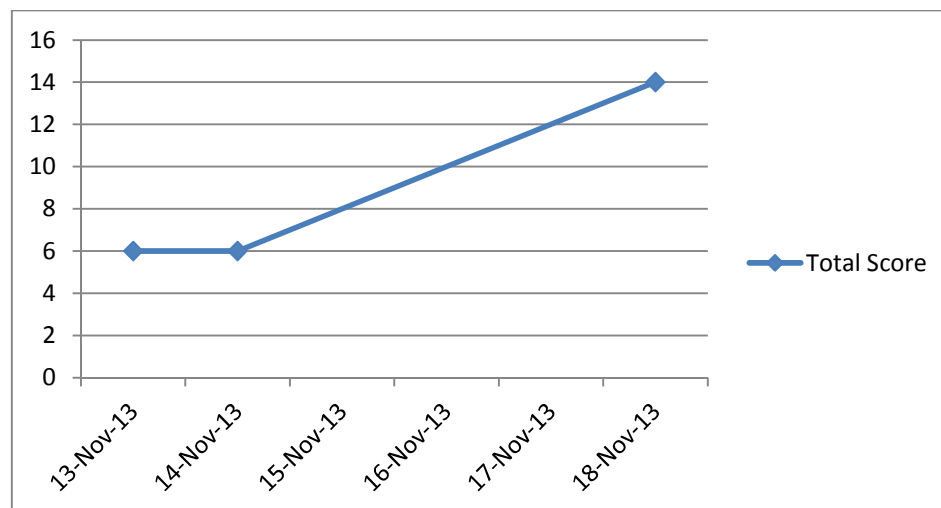
The table below is the test results data of number range obtained by the researcher during the measurement of concentration it is use WAIS test that is created by David Wechsler. Firstly, measurement before treatment was given as much as twice and measurement after treatment was given as much as once. It is presented in the tables and graphics.

1) Tests to Subject MF, Female 17 years

Table 1.7 Test result of Subject MF

No.	Date	NUMBERS RANGE		SUM
		Forward (M)	Backward (B)	M + B
1	13-Nov-2013	4	2	6
2	14-Nov-2013	4	2	6
3	18-Nov-2013	8	6	14

Graph 2.1 WAIS Test Result of Subject MF



The graph above shows that the results of tests on Subject MF for baseline phase (baseline measurements before the treatment) on 13 and 14 November 2013 which is conducted twice showed stable results in number

6. Then an increase at the end of the test results after the treatment on 18 November 2013 in number 14.

INTERPRETATION OF GRAPHIC TEST RESULTS TO SUBJECT MF

a. Tests results on the baseline phase (A1) is the measurement before treatment on 13 November 2013 shows that, given question on FORWARD NUMBERS (M) test in the Trial I, the subject fails and can answer a questions until 3rd series. Because subjects could not answer all the questions on the trial I, so she is given again in a question of trial II. And in the second trial the subjects is only able to answer a given questions on only 4th series.

For the BACKWARD NUMBERS (B) test in trial I the subject is fail and can answer of questions on 2nd series. Because the subjects could not answer all questions on the trial I, so she is given again in a question on trial II. And the trial II the subject is only able to answer given question on only 2nd series.

So the final results that obtained by subject in answer question from Forward and Backward number is $M + B = 4 + 2$. The final value obtained for Subject MF subjects in concentration test to baseline phase I (first measurement before treatment) was as much as 6.

b. tests Results on the baseline phase (A1) is the measurement before treatment on 14 November 2013 shows that, given question on FORWARD NUMBERS (M) test in the Trial I, the subject is fails and can answer a questions until 4th series. Because the subject could not answer all the questions on the trial I, so she is given again in a question on trial II. And the trial II the subjects is only able to answer questions given only on 4th series.

For BACKWARD NUMBERS (B) test in the Trial I, the subject is fails to answer a questions on 3rd series. Because the subjects could not answer all the questions on the trial I, so she is given again in question on trial II. And the trial II, subjects is only able to answer a given questions on 2nd series.

So the final results obtained to the subject in answer question from Forward and Backward number is $M + B = 4 + 2$. The final value that obtained for Subject MF subjects to the concentration test in this baseline phase (second measurement before treatment) as much as 6.

- c. The tests Results on the baseline phase (A2) is measurement after treatment on 18 November 2013 show that, given question on FORWARD NUMBERS (M) test in the Trial I the subject is fails and can answer questions until 7th series. Because the subjects could not answer all the questions on the trial I, so she is given again in question on trial II. And in trial II the subjects were able to answer questions given on 8th series.

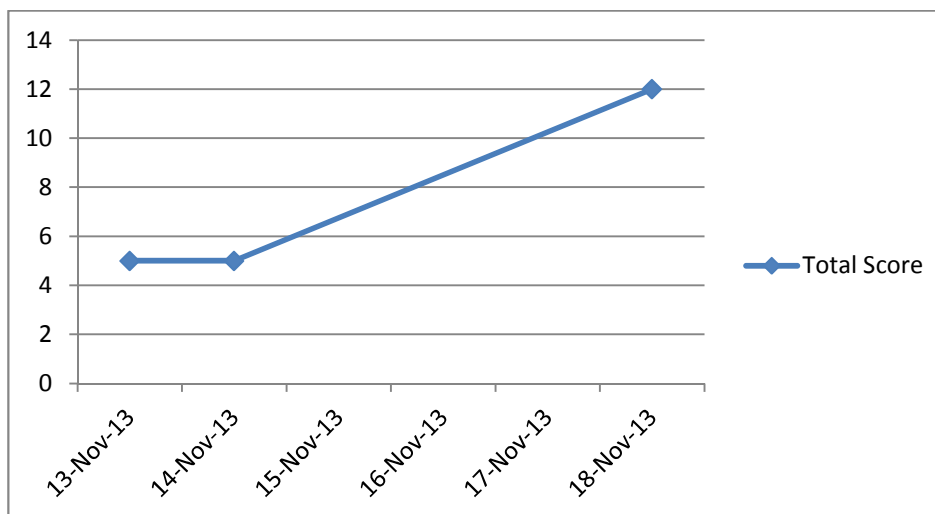
For the BACKWARD NUMBERS (B) test in the trial I the subject is fail to answer questions on 5th series. Because the subjects could not answer all the questions on the trial I, so she is given again in a question of trial II. And the trial II the subjects were able to answer given questions on 6th series.

So that the final results obtained to the subject in answer question from Forward and Backward number is $M + B = 8 + 6$. The last value obtained of the subject after treatment as much as 14.

2. Tests to Subject FF, Male 18 years

Table 1.8 Test result of Subject FF

No.	Date	NUMBERS RANGE		Number M + B
		Forward (M)	Backward (B)	
1	13-Nov-2013	3	2	5
2	14-Nov-2013	3	2	5
3	18-Nov-2013	7	5	12

Graph 2.2 WAIS Test result of Subject FF

The above graph shows that the results of tests to Subject FF at baseline phase (baseline measurements before the treatment) on 13 and 14 November 2013 which is conducted as much as twice, showed the results in number 5. Then an increase at the end of the test results after the treatment on 18 November 2013 in number 12.

INTERPRETATION OF GRAPHIC TEST RESULTS TO SUBJECT FF

a. Tests results on the baseline phase (A1) is the measurement before treatment on 13 November 2013 shows that, given question on FORWARD NUMBERS (M) test in the Trial I the subject is fail and can answer questions until 3rd series. Because subjects could not answer all the questions on the trial I, so he given in a question of trial II. And in the second trial the subjects is only able to answer a given questions on only 3rd series.

For the BACKWARD NUMBERS (B) test in trial I the subject is failed and can answer of questions on series 2nd. Because the subjects could not answer all the questions on the trial I, so he is given question on trial

II. And the trial II the subject is only able to answer given question only on 2nd series.

So the final results that obtained by subject in answer the question from Forward and Backward number is $M + B = 3 + 2$. The final value obtained for Subject FF subjects in concentration test to baseline phase I (first measurement before treatment) was as much as 5.

- b. tests Results on the baseline phase (A1) is the measurement before treatment on 14 November 2013 shows that, given question on FORWARD NUMBERS (M) test in the Trial I, the subject is failed and can answer a questions until 4th series. Because the subject could not answer all the questions on the trial I, so given again in a question on trial II. And the trial II the subject is only able to answer questions given only on 3rd series.

For BACKWARD NUMBERS (B) test in the Trial I, the subject is fails to answer questions on 3rd series. Because the subjects could not answer all the questions on the trial I, so he is given question on trial II. And the trial II, subject is only able to answer questions given on 2nd series.

So the final results obtained to the subject in answering question from Forward and Backward number is $M + B = 3 + 2$. The final value that obtained for Subject FF subject to the concentration test in this baseline phase (second measurement before treatment) as much as 5.

- c. The tests Results on the baseline phase (A2) is measurement after treatment on 18 November 2013 show that, question given on FORWARD NUMBERS (M) test in the Trial I the subject is fails and can answer questions until 6th series. Because the subjects could not answer all the questions on the trial I, so he is given again in a question on trial II. And in trial II the subjects were able to answering questions given on 7th series.
- For the BACKWARD NUMBERS (B) test in the trial I, the subject fails to answer the questions on 4th series. Because the subjects could not answer

all the questions on the trial I, so he is given question of trial II. And the trial II the subjects were able to answering questions given on 5th series.

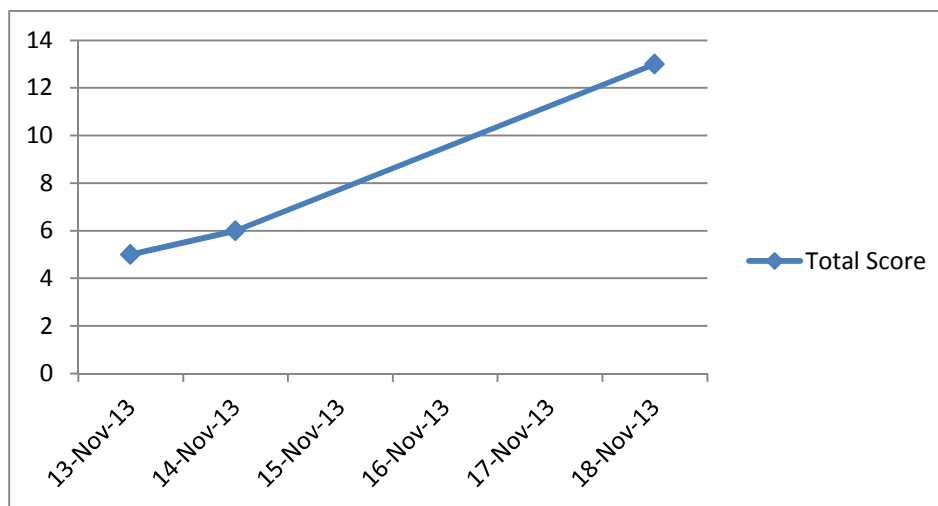
So that the final results obtained to the subject in answer of question from Forward and Backward number is $M + B = 7 + 5$. The last value obtained of the subject after treatment is 12.

3. Tests To Subject OS, Male 18 years

Table 1.9 Test result of Subject OS

No.	Date	NUMBERS RANGE		Number M + B
		Forward (M)	Backward (B)	
1	13-Nov-2013	3	2	5
2	14-Nov-2013	4	2	6
3	18-Nov-2013	7	6	13

Graph 2.3 WAIS Test result of Subject OS



The graph above shows that the test results of Subject OS subject at baseline phase (baseline measurements before the treatment) on 13 and 14 November 2013 which is conducted as many twice showed stable results in number 5 & 6. Then an increase at the end of the test results after the treatment on 18 November 2013 in number 13.

INTERPRETATION OF GRAPHIC TEST RESULTS TO SUBJECT OS SUBJECT

a. Tests results on the baseline phase (A1) is the measurement before treatment on 13 November 2013 shows that, given question on FORWARD NUMBERS (M) test in the Trial I the subject fails and can answer a questions until 3rd series. Because subjects could not answer all the questions on the trial I, so given again in a question of trial II. And in the second trial the subjects is only able to answer questions given on only 3rd series.

For the BACKWARD NUMBERS (B) test in trial I the subject fails and can answer questions on 2nd series. Because the subjects could not answer all the questions on the trial I, so given again in a question on trial II. On the trial II, the subject is only able to answer question given only on 2nd series.

So the final results that obtained by subject in answering the question from Forward and Backward number is $M + B = 3 + 2$. The final value obtained for Subject OS subject in concentration test to baseline phase I (first measurement before treatment) was as mauch as 5.

b. The tests Results on the baseline phase (A1) is the measurement before treatment on 14 November 2013 shows that, given question on FORWARD NUMBERS (M) test in the Trial I, the subject is failed and can answer a questions until 4th series. Because the subject could not answer all the questions on the trial I, so given again in a question on trial II. On the trial II, the subject is only able to answer questions given only on on 4th series.

For BACKWARD NUMBERS (B) test in the Trial I, the subject is failed to answer a questions on series 2nd. Because the subjects could not answer all the questions on the trial I, so given again in a question on o trial II. And the trial II, subjects is only able to answer a given questions on 2nd series.

So the final results obtained to the subject in answering question from Forward and Backward number is $M + B = 4 + 2$. The final value that obtained for Subject OS subject to the concentration test in this baseline phase (second measurement before treatment) as much as 6.

- c. The tests Results on the baseline phase (A2) is measurement after treatment on 18 November 2013 show that, given question on FORWARD NUMBERS (M) test in the Trial I the subject fails and can answer the questions until 7th series. Because the subjects could not answer all the questions on the trial I, so given again in a question on trial II. And in trial II the subjects were able to answer the given questions on series 7th.

For the BACKWARD NUMBERS (B) test in the trial I the subjects failes to answer the questions on 5th series. Because the subjects could not answer all the questions on the trial I, so they are given question of trial II. And the trial II the subjects were able to answer questions given on 6th series.

So that the final results obtained to the subject in answering question from Forward and Backward number is $M + B = 7 + 6$. The last value obtained of the subject after treatment as much as 13.

C. The Analysis Result of Research

Data analysis results of this research are based on the graph analysis, that is analysis used in the form of numbers then described and interpreted in an explanation. Thus, in this experimental research use clinical significant, rather than on statistical significant.

Based on the results of the concentrations test that have been conducted by researcher for three subjects, so the analysis results of this research are as follows:

1. Subject MF

See graph 2.1 (the result of concentration test Subject MF), from the graph it can be seen that the concentration test result that have been given to

Subject MF has increased in the last measurements after meditation treatment. Concentration test data analysis conducted to Subject MF as follows.

The first meeting on November 13, 2013, the results of concentration test to Subject MF before treated successfully answer questions with a total score as much as 6. From the first meeting, the subject still looked nervous. When spoken to still look indifferent. So the researcher conducted a first approach to the subject until the subject is really ready to start the test. In answering the question, the subject still seems hesitant to answer the instructions given by researcher. Way of answer it is still not so smooth and loud.

Then carried back a second measurement before treatment on November 14, 2013, to look at the stability of the measurements provided by the subject. At this second measurement, the subject successfully answer the questions given by researcher with a total score as much as 6. The results obtained at the first measurement and the results is stable remained. At this second measurement, the subject of how to answer the questions still looks a reasonable doubt, the eye does not focus. Got stopped for a moment when it will answer the question, but can successfully answer the questions given. Posture looks less calm in answering questions given by the researcher.

When give the meditation treatment lasted for three times in a row did not experience of significant barriers. Subject MF monitored is serious and earnest in meditation directly provided by the researcher. Because of the implementation of this meditation is done individually so that more can be controlled is well.

And the last meeting on November 18, 2013, after being given a meditation treatment, the results of the concentration test to Subject MF increased as much as 8 points. At the last meeting, Subject MF able to answer questions on measurements after treatment with a total score is 14. There is a

good result against to Subject MF, given intensively meditation treatment. The way of subject to answer the questions given by researcher so firmly convinced. The posture looks calmer. No rush in answering questions and looks more able to focus on the instructions given by the researcher.

The results obtained by Subject MF in the concentrations test these, after she was given meditation treatment as being significant. Meditation to Subject MF concentration through WAIS test can be said to be significantly Because of seen from the final results of total score was obtained as much as 14. It is based on a significant level scale to determine the quality of the meditation treatment effect to the concentration. The results obtained to Subject MF it is in intervals 11-14, were classified as "significant".

Of the final result can be said that the practice of meditation is effective enough to help fix the concentration on the subject in learning activities and the other works. If meditation exercises done regularly, then the quality of the concentration subject would be better anyway.

2. Subject FF

See graph 2.2 (the result of concentration test Subject FF), from the graph it can be seen that the concentration test results that have been given to Subject FF has increased in the last measurements after meditation treatment. Concentration test data analysis conducted to Subject FF as follows.

The first meeting on November 13, 2013, the results of the concentration test before treatment is successfully answer questions with a total score as much as 5. From the first meeting, the subject still seems less serious in following measurement test that given by researcher because when will do the test he was play around with his friend. Whereas, the researcher have given him information that the research will be conducted.

Before conducting intensive research, firstly the researcher approached so that the atmosphere is well maintained between the subject and the researcher. When talking with researcher, the subject eyes cannot be seen

focus because is not looked at into the person being spoken to. In answer to the first question on the test, it is still disjointed. There is a doubt to the subject of how to answer the question. Way of answer it is still not so smoothly and do not stare directly into the face of the researcher. When answered, the subject looks the hand still moving. And the way to seat looks uncomfortable.

Then do the second measurement before treatment on November 14, 2013, to look at the stability of the measurements provided by the subject. At the second measurement, the subject successfully answers the questions given by researcher with a total score as much as 5. The results obtained with a first measurement and the results remain stable.

At the second measurement, the subject of how to answer the questions still look less smooth, the eye cannot focus is well. When he doubt with the answer, he immediately stopped and surrendered. Posture also looks still not to calm and not to serious in answering questions given by the researcher.

At the last meeting on November 18, 2013, after being given the meditation treatment, the final result of concentration test to Subject FF has increased as much as 7 points. At this meeting, the subject is able to answer questions on measurement after meditation treatment with a total score is 12.

There is an increase to the Subject FF, after given the meditation treatment is individual. When starting to measurement, the Subject looks calm after given of meditation. Subject also have started even dare to look his interlocutor with the researcher who provide a direct test of concentration. Way of answer the questions given by researcher to the subject is so clearly and not seen any doubts. Also looks comfortable posture.

The effect of meditation to Subject FF on concentration test is relatively significant. Seen from measurements before meditation, the results of the tests have not reached significant levels. The effect of meditation toward concentration on the subject can be conclude is significant, because of seen

from the final results of total score obtained is 12. It is based on a significance level scale to determine the quality to know the effect of meditation toward concentration of the subject. The results to Subject FF is in the interval 11-14 were classified as "significant".

3. Subject OS

See graph 2.3 (the result of concentration test Subject FF), from the graph it can be seen that the concentration test results that have been given to Subject FF has increased in the last measurement after meditation treatment. Concentration test data analysis conducted to Subject OS as follows.

The first meeting on November 13, 2013, the results of the concentration test before treatment is successfully answer questions with a total score as much as 5. The subject still visible yet confident in follow the tests given by the researcher. Before starting the measurement, the subject had permission to go to the bathroom. Then when researcher will begin giving the test, the subject certainly feel is ready.

In answering this question in the first measurement, Subject OS also still not smooth. Was stopped in the backward numbers range, and given again to the subject of instruction. Subject OS subject still looks nervous when answer the questions and her face looks a bit sweaty.

Then carried again a second measurement before treatment on November 14, 2013, to look at the stability of the measurement provided to the subject. The subject successfully answer the questions given by researcher is total score as much as 6. The result obtained in this second measurement is not the same as the first measurement. However, there is difference only 1 number.

At this second measurement, the subject of how to answer the questions is still seen as substandard, and not looking directly at the face of the researcher. When in doubt with the answer, he just smiled and then stops.

Subjects look stiff posture. Evident from the way he was sitting not so enjoy. Votes cast in answering questions still softly.

The current implementation of this meditation that lasted for three consecutive times of constrained is disturbed by noises unexpected, However, Subject OS subjects could follow the instructions given by researcher to complete properly and seriously monitored.

And the last meeting on November 18, 2013, after being given the meditation treatment, the result of concentration test to subjects Subject OS has increased by 7 points. At this meeting, the subject is able to answer questions on measurements after meditation treatment with the total score is 13.

There is an increase in the Subject OS, after meditation treatment given by individual. Subject is look is calm when the measurement starts. Subjects also beginning to show that he was capable. Seen that, before to start the measurement he is ready first than researcher. Way of answer the questions given by researcher also clear and steady. Posture does not look stiff and looks comfortable so that measurements can be started directly, without waiting for the subject really ready.

The effects obtained to Subject OS for concentration test results, after he was given preferential meditation treatment is relatively significant. The effects of meditation to the Subject OS can be said significant because the final result of Subject OS subjects is have total score is 13. It is based on a Significant Level Scale of Treatment Effects to know the quality of meditation treatment can give effects toward subject concentration. The results of Subject OS subject is at intervals 11-14 which is classified as "significant".