

**THE INFLUENCE OF THE COMBINATION OF BRAIN GYM AND
LOOSEPART MEDIA GAMES ON THE DEVELOPMENT OF
COGNITIVE ABILITIES IN PRESCHOOL AGED CHILDREN**

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ABSTRACT

The lack of stimulation in the form of physical activities or the use of media in preschool children leads to underdeveloped cognitive abilities, making it difficult for them to remember, concentrate, think, understand, and explore their surroundings. This study aims to identify whether there is an influence before and after performing brain gymnastics and loose part media games and to analyze the impact of brain gymnastics and loose part media games. This research is a pre-experimental study with a one-group pretest-posttest design using a total sampling technique, with a sample size of 30 respondents in the treatment group. Data collection was carried out using cognitive development observation sheets. The cognitive development of children at IT Ash Shofa Kindergarten before the intervention with a combination of brain gymnastics and loose part media games showed that 24 children (80%) had not yet developed, while after the intervention, 26 children (86%) developed as expected. Data analysis using the Wilcoxon test on the cognitive development of preschool children yielded a p-value of 0.000, indicating a significant effect after the implementation of brain gymnastics and loose part media games on the cognitive development of preschool children. It is hoped that brain gymnastics and loose part media games, when provided to children for 10-15 minutes daily, can enhance the cognitive development of preschool-aged children.

Keywords : Brain Gymnastics, Loose Part Media, Cognitive Development