

# Yoga Stimulation is A Physical Development of Early Childhood

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## ABSTRACT

The practice of yoga develops in all walks of life such as parents, adolescents, even in early childhood. In general, yoga practice in children's learning activities, such as in the process of physical development of motor. In Bali province some early childhood schools carry out yoga-based learning. Therefore, it is important to know what type of activity or form of yoga is carried out in early childhood in the growth and physical development of its motor. This research aims to find out the yoga movements associated with the physical-motor development aspects of early childhood. The method used is a case study in one unit of analysis, collecting the data in an in-depth interview. Results that can be the physical development of the child's motor on the physical-motor balance of the child, and the formation of the child's psychiatry and healthy eating in early childhood. In conclusion stimulation of the physical-motor development of the child through *yoga asanas* movements can form static balance, dynamic, calmer and less hyperactive.

**Keywords:** *Early Childhood Education, Yoga, Motor Physique*

## 1. INTRODUCTION

Through education can bring human dignity to a more noble and civilized place. Early Childhood Education (PAUD) is a coaching effort aimed at children from birth up to the age of six through the provision of educational stimuli to help the growth and physical and spiritual development so that the child has readiness in entering further education. Furthermore, Mulyani (2016) explained PAUD is an effort to stimulate, guide, nurture and provide learning activities that will produce skills and skills in children (competencies). Solehudin (2007) further states that PAUD is defined by "all the efforts of educators (parents, teachers, and other adults) in facilitating the development and learning of children from birth up to the age of six through the provision of various experiences and stimuli that are developed, integrated, and thorough, so that the child can grow up healthily and optimally in accordance with the values and norms of life embraced".

The physical developmental aspect is a significant development for children of age. Hurlock (1995) states that the physical development of early childhood has several aspects including: (1) the nervous system, which is closely related to the development of intelligence and emotion; (2) muscles that affect the development of strength and motor abilities; (3) endocrine glands that cause new patterns of behavior; and (4) body structure that includes height, weight, and proportions of the body. Generally, the goal of Early Childhood Education is to

provide stimulation or stimulation for the development of the child's overall potential (Puskur, Depdiknas 2007) explains the development of children's potential to be faithful, Godfearing to God, noble, healthy, friendly, capable, critical, creative, innovative, independent, confident, and become democratic and responsible citizens. Furthermore, National Education develops the ability and form the character and civilization of a dignified nation, in smarting the life of a nation and a country.

Fine motor development is not suitable if educators use pencil and paper more only. Gunarti, et al (2015) parse that a subtle more experience will be more meaningful if the child is guided in helping himself (mastering self-help skills). Through various activities, such as buttoning clothes, using scissors, and wearing clothes. To support children's learning activities, especially the physical-motor development process of several PAUD institutions in Bali to carry out yoga learning. Including Madhu Vidya Kindergarten, a PAUD institute runs yoga activities as part of its Weekly Learning Implementation Plan. As is widely known, adults experience many problems in the physical field of motor. Saraswati (2002) explains the many common benefits obtained through yoga, "muscles and bones, conditions, glands, respiratory path, disposal, and circulatory system are interfused so that all tissue systems help each other. Asana makes the body flexible and able to regulate itself easily to change the environment.

Digestive functions are stimulated so that the right amount of digestive sap (saliva, denim, and others) flows. Sympathy and parasympathetic are brought to a balanced state so that the internal organs they control are inactive or less active.

Through initial observations, background, and educational patterns implemented at Madhu Vidya Kindergarten will be seen and reviewed, is yoga movement related to the physical-motor development aspect of early childhood? As an effort to investigate the fundamental needs in the physical-motor development aspects of early childhood.

This research can be useful as a description, information, and reference in managing spiritual physical and mental self-awareness especially regarding the learning of yoga, spiritual, and physical-motor development of early childhood. Society is a collection of individuals, in individuals there needs to be early learning and learning that directs itself as the essence of lifelong learning for humanity and civilization in this universe. This research can also be used as one of the sources for another similar research on different locus. Observers of early childhood education or informal education to continue more intensive and mobility of learning throughout human life. Fluctuations and types of early childhood education are used entirely for the construction and value of truth, kindness and human benefit holistically in the early days of their education.

## 2. METHODS

This research aims to explore the process/activity of yoga learning at Madhu Vidya Kindergarten. In this activity, researchers took data from the research field based on the data drawn conclusions. Researchers act as observer, interviewer, data collector, data analyzer and whistleblower of the results (Fatchan, 2011, 2013). This type of research is qualitative with a case study approach. Where is a study of real-life exploration, contemporary limited systems (cases), detailed and in-depth data collection involving a variety of sources of information (Creswell, 2015)? Related to this research, Madhu Vidya Kindergarten analysis unit was used as a research object. Early childhood physicals are studied in yoga learning in either cases of motor physical balance, or other aspects of development.

This research, the location set is located in Madhu Vidya Kindergarten located in Celuk Village, Sukawati District, Gianyar Regency, Bali Province, Indonesia. The research area was chosen as a research site taking into account, among others: (1) The research location is a representative object to be able to recognize research subjects (Sugiyono, 2013); (2) There are several pecans about the phenomenon of learning early childhood yoga and high mobility, with meditation activities every day

before learning begins, and asana yoga is carried out daily; (3) people's views on PAUD; (4) value view of special yoga on PAUD; (5) methods used in the discovery of value and awareness in yoga communities; and (6) To the knowledge of researchers, no one has specifically examined PAUD study of the value and awareness of yoga related to history, art, role changes, functions and educational values.

## 3. RESULTS AND DISCUSSIONS

Karini (2018) in her research explained that yoga can improve the development of emotional social intelligence of teachers and early childhood. While the findings of this study are related to the existence and stimulation of physical-motor development through yoga in Madhu Vidya Kindergarten, it is obtained that the implementation and implementation of yoga classes, there are several things that refer to the first physical-motor balance of the child, the second habituation in the third healthy food, the formation of early childhood psychiatry. The following results and language are reviewed in humanistic education analysis.

### 3.1 *Physical Balance of Children's Motor*

Rough physical-motor development carried out by related children. This was conveyed by one of Madhu Vidya's kindergarten teachers, mentioned:

"so actually, yoga is very important, can be trained from an early age, so it is exemplified in children who have no interest. And it's needed in the joints and it's also needed in, in order for them to be, they're still white, if we give them movements, they can support a more positive one, so it's going to grow faster, faster it's going to get results than adults. It's just that more for children's yoga, it's the nature of enjoying .... it's still clean yes. So, we can give balance movements to overcome their high aggressiveness".

Sujiono, et al (2005) explains two kinds of balance. Static and dynamic balance. Static balance is the ability to maintain a certain body position not to sway or collapse. And dynamic balance is the ability to keep the body from falling while making movements. It can also be said, static balance is seen on balance when the body is still, standing on one leg. Moderate dynamic balance, seen in the balance of the body at the time of moving. Another finding, yoga was developed by Madhu Vidya Kindergarten so that children do not occur obese or overweight. In PAUD slogan, there is healthy, smart and cheerful. The informant explains that:

"to maintain flexibility so that obesity does not occur, so that if the body is more flexible, then obesity will

be reduced. Because it is flexible, more agile so, (agile). And others, such as this agility, as a person's ability to move precisely/ and precisely. Among them: rapidly changing direction, running fast then stopping abruptly, and the speed of reacting.

Exercise activities, including doing asana movements, will be better done, making the child's muscles and bones stronger and the more moving activity will also control the weight of the fat child. Sujiono (2005) further explained that "a person's inactivity in moving will make his bones brittle and often exposed to disease". Increasing the strength of the child's bones will also increase the motor strength of the child. And furthermore, with the increasing motor ability of the child will increase the fine motor. Other movements in yoga can be movements performed with pleasure. Rolling, circular, and more. The informant describes that:

"so acrobatic as it rolls, like circling its body, being able to circle them, bending and so on, where in yoga there is, there are movements for children only, if the movement of adults, more in meditation movements"

Some movements give rise to pleasure, even mental balance. The difference between children's and adult yoga movements, children are included in many active and dynamic movements. Make agility:

"children's movements are more capable for development, body growth, physically, physically, spiritually, and spiritually, if the growth of the body for adults is stopped yes, so more is given for sedatives. Adults are more focused in/on meditation. Meanwhile, children are more focused on more active movements".

This makes these movements must be maintained. Stabilization capabilities are sometimes called nonlocomotory movements, as it concerns stationary activities, such as bending, stretching, pulling, twisting, swinging, lifting, stretching, degrading the body and others. Stimulation of yoga movement is certainly very beneficial in early childhood.

### **3.2 Habituation of Healthy Foods**

Guaranteed nutritional quality and food that will be absorbed by early childhood. The findings from the informant, related to asana yoga movements that are performed make the child become thirsty and hungry after yoga activities. Here's an explanation:

"Those movements will also be able to give a boost, motivate development, thoroughly, but it would be nice to also be weighed with food, as we apply here, that the cholesterol is high"

The growth and development of children, will be optimal with healthy food, and filled with good nutritional intake. In this yoga movement, it raises nutrition and health of the child. And teachers have an important role to play in physical/motor development and child sensitivity can be developed.

"more said hyperactivity here, unruly yes, the second is difficult to accept food, natural food, well from our culture of giving yoga from early on, they will like to get used to, love nature, (i.e. we give natural foods"

The child will love natural foods, through the continuous habituation process given, will foster a good attitude to his health. In school teachers need to help their students pay attention, get used to, and eat good food by becoming a model for students or motivating and influencing the development of children to eat nutritious foods (Sujiono, 2005). With good eating habituation the child will become growing healthy and strong. The informant considers that if the child can become healthy, here is the description:

"they are more likely to *Sacetan* foods, which are ready to serve, so by giving yoga activation early, it means they love and from food that actually provides psychiatric formation, physical formation, and ultimately spirit".

Physical growth is a metabolic process that requires input of oxygen, and nutrients, as well as some other important substances. This process takes place continuously, is complex and unique, and follows certain patterns. In PAUD institutions, there needs to be habituation of children eating healthy and nutritious foods so that their growth and development as expected. And of course, the role of educators in the whole learning process as facilitators in the sense of being a helper for students. In this case educators, not just as whistleblowers, but the creators of conditions that guarantee the on-the-condition of learning to learn students.

### **3.3 The Formation of Soul**

The formation of psychiatry obtained in children, such as the absorption of words, habituation. Kamajaya (1998) "habituation of asana yoga also tends to form a peaceful and bright mind". An informant explained that if an adult does not meditate, there will be chaos in the part of his thoughts. Here's an overview:

"well therefore, give meditation to calm down, may it make the files, which are in our brains, rearranged, well that meditation is very important, the more mature, the deeper we learn meditation".

If also given a good pattern then there is a good development as well. A child with good motor skills will have great confidence. Even the formation of children's character and psyche. This there is a very active even very dynamic, can form the peace of mind of the child. Thus, the child can train character and psychiatry, in this case the simplest activity is: psychological tranquility. Another informant explained that children who like white paper can form any absorption of knowledge. Helmawati (2015) explained, "children who are a day in PAUD institution can immerse their teacher and all the caregivers there". According to the informant:

"well... it's also because they're left full day, here, so from morning to afternoon, then we give the culture what we want, to shape the behavior of the child through yoga, meditation and food".

Included in the normalization and mental formation of children, as Moedzakir (2010) explained the purpose of humanist education is human empowerment, namely individuals who are open to change and learning on an ongoing basis, individuals who struggle for self-actualization, and individuals who are able to live functionally together.

#### 4. CONCLUSION

This study can be concluded the first stimulation of early childhood physical-motor development through asana yoga movement is stated to form balance in early childhood. Included in the development of static balance and dynamic balance in early childhood. Second, through early childhood yoga learning can choose the habituation of healthy and nutritious foods through institutions, because habituation is carried out on an ongoing basis. Third, the formation of good character and psychiatry. Slowly the ethics of children can become calmer and less hyperactive. The advice that can be conveyed that with the introduction of yoga asana from an early age can understand human education holistically, both the field of birth and mental health, helps humans achieve.

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