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## The Development Of Early Childhood Creativity Through Yoga

### Asana

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#### Abstrak

Penelitian ini bertujuan untuk menganalisa serta mendeskripsikan pengembangan kreativitas anak usia dinimelalui yoga asanadi PAUD Bali Public School Denpasar. Penelitian menggunakan jenis kualitatif studi kasus. Data penelitian diambil melalui observasi, wawancara mendalam dan studi dokumentasi. Hasil analisis menunjukkan bahwa terjadi peningkatan yang signifikan pada kemampuan kreativitas berimajinasi siswa PAUD selama mengikuti kegiatan yoga asana yang dikemas dalam bentuk permainan dan juga story telling. Peningkatan kreativitas dapat dilihat setelah anak melakukan yoga asana secara rutin selama tiga hingga enam bulan. Hal ini dapat dilihat dari kegiatan anak saat kegiatan pembelajaran di dalam maupun di luar kelas.

#### Abstract

*This research aims to describe and analyze the development of early childhood creativity through yoga asanaat PAUD Bali Public School Denpasar. Research uses qualitative case studies. Research data is taken through observations, in-depth interviews and documentation studies. The results of the analysis showed that there was a significant increase in the creativity of the students' imagination, while attending yoga asana activities packed in the form of games and also storytelling. Increased creativity can be seen after the child performs regular yoga asana for three up to six months. This can be seen from children's activities during learning activities both inside and outside the classroom.*



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## INTRODUCTION

Early childhood is a child in the age range zero up to six years that exist in the early and basic period of the history of every human life. Preschool is very basic in shaping and developing human resources. This is because at that age is the precise time to explore any potentials that exist in themselves. This statement stated in the Ministry of National Education, (2005:1) which stated “Early childhood is an important period as determiner in the future life of the child, because at the age of zero up to six years the child is in the golden period, it is a time where many aspects and potentials develop very quickly. In early childhood, a child experiences several stages of development, namely imitation, exploration, sensitivity, play, and early disobedience, but the child is also in a critical period because the child's golden period only happens once in his life". Meanwhile, in the constitution number 20 of 2003 about National Education System article 3 states “National education has a function to develop capabilities and shape the character and civilization of a dignified nation in the context to educate the life of the nation, aims to develop the potential of students to become human beings who believe and devote to God, noble, healthy, knowledgeable, capable, creative, independent, and become democratic and responsible citizens”. Based on the statement above, it can be concluded that the purpose of early childhood education is to create quality human resources that improve the prestige of the Indonesian which must start early.

One important aspect that must be developed early is creativity. According to Semiawan, creativity is the ability to provide new ideas that can be applied in finding solutions to a problem[1]. Creativity is closely related to high order thinking skills because with high order thinking skills the learning process of all subjects becomes effective. According to Lewis and Smith, high order thinking skills are the ability to solve problems, think critically, creatively and the ability to make decisions[2]. Stanberg, as cited in Danvar, argues that creativity is a combination of innovation, sensitivity, and flexibility that makes a person able to think productively based on personal satisfaction and other satisfaction[3]. Creativity is a mental process that must be possessed by every individual to be able to create ideas or new ways that are imaginative, flexible, integrated and effective for solving problems in daily life.

The development of creativity in early childhood is associated with games. Creative game is one of the activities that can help child obtains social, emotional, physical,

intellectual and moral development. So far, efforts made by educators especially at an early age in the form of monotonous activities such as coloring pictures, listening to fairy tales and handicrafts. This matter impressed as a common activity that is given by every teacher in the preschool institutions. Stimulating creativity requires mental stimulation in the form of motivation and interesting activities that cause a child's curiosity to discover and try new things, one of them through yoga asana.

Yoga asana is yoga's motion or posture when doing yoga. Yoga asana does not require a certain motion, rather it is directed towards the motion that is appropriate or preferred by people who do yoga as long as the motion or posture can make yogis feel more comfortable, relaxed and does not annoy concentration. The recommended sitting posture when practicing yoga namely; *silaksana* for men and *bajrasana* for women with your back straight and hands above your thighs, palms facing up. Some yoga motions which appropriate for early childhood are *lion pose, cobra pose, tree pose, mountain pose, cat pose, frog pose, birds pose, bow pose dan, lotus pose* {Formatting Citation}. According to Everada, practicing yoga is analogous to providing nutrition for the body system, namely the nervous system, the body's glandular system, and all internal and external organs of the body[5]. Ross and Thomas stated that high levels of stress give a negative impact on the immune system, heart rate, blood pressure, and other physiological systems, stress can also have an impact on mental health, concentration and insomnia[6]. From previous studies, it can be explained that yoga asana can be beneficial for early childhood to nourish the nervous system to develop creativity and reduce stress levels so that the power of thought and imagination can develop well.

## **METHODS**

This study used a qualitative case study aimed at describing and analyzing the results of the development of early childhood creativity through yoga asana activities at PAUD Bali *Public School* Denpasar. Research subjects consisted of students age four up to six years, yoga instructor, teacher and principal of the PAUD Bali *Public School*. Research data was obtained through observation, in-depth interviews, and documentation studies.

Data analysis was carried out during the research process through the stages of data reduction, data presentation and drawing conclusions or data verification which was carried out simultaneously[7], while checking the validity of the findings used aspects of

credibility and confirmability[8] by doing continuous careful, in-depth and accurate observations in accordance with the objective of the study, then doing triangulation of data sources by comparing one data source with another data source and member checking. The aspect confirmability is executed by narrow down the factor of research subjectivity.

## **RESULT AND DISCUSSION**

Yoga asana for early childhood is a superior activity at PAUD Bali *Public School* Denpasar. The purpose of yoga asana is to train and enhance the creativity of early childhood. It can be known from routine activities conducted every Monday to Friday for five up to ten minutes. Yoga asana is integrated with learning activities through the game and storytelling that integrates with the PAUD curriculum of 2013 and also the curriculum of Neo-humanism that develops three aspects; physical, mental, and spiritual. The implementation of these aspects is done through meditation and yoga and based on love. The purpose of educational neo-humanism is to develop the child's character (honest, disciplined, hard work, independent, confident, polite, courteous, creative, and responsible).

Yoga exercises for early childhood are not same as yoga for adults, yoga for early childhood is simpler and does not require a certain motion rather it is directed towards the motion that is appropriate or preferred by people who do yoga as long as the motion or posture can make yogis feel more comfortable, relaxed and does not annoy concentration[9]. The recommended sitting posture when practicing yoga namely; silaksana for men and bajrasana for women with your back straight and hands above your thighs, palms facing up. The examples of yoga motion that can be given to early childhood are the tree pose (tree movement) it has a function to come down the mind and train the physical balance, lion pose (lion movement) useful for the child to explore his self and learn how to control the fury, frog pose (frog movement) this motion asks the child to jump like a frog with the aim to increase energy and spirit, bridge pose (bridge movement)[10], this yoga motion aims to train strength and confidence. Yoga activities conducted at PAUD Bali *Public School* Denpasar starts with stretching aimed at avoiding muscle spasms when performing yoga motions. When the child performs yoga instructor gives a story accompanied by the background music which appropriate with the story such as; tree pose, in this motion the child pose like a tree by lifting the right foot and

placed beside the left foot, the child is invited to enter into a story of a tall tree on a hill then the sound of birds and the water that flows from the background music. In this case, the instructor makes the students imagine the real situation, the other yoga motions are done sequentially into a series of stories, so that when doing yoga the child does not feel this is part of learning, but they feel this is just like playing activities. These motions train the child's imagination. This is because when the child performs yoga, the child is invited to imagine the motions into the actual form.

The significance of increased creativity can be seen after the child performs yoga asana for three up to six months regularly. This can be seen when the child follows the process of learning activities in the classroom, among others; increased ability to express ideas or opinions on a topic, ability to tell a story based on a picture, ability to solve simple problems in daily life, ability to make decisions, critical thinking and concrete, for example when the child says that the leaves are not always green. It is supported by the record of the child's daily self-assessment that is conducted by researchers and teachers.

## **CONCLUSION**

The ability of high order thinking skills is important in every human life because in their life demanded to be able to think critically, creatively and capable to solve the problems. During this time, the development of creativity is given in monotonous activities that have been commonly done by the preschool institutions in the form of drawing, coloring, playing puzzles or storytelling. To cope with this problem, it needs an interesting method that aims to develop creativity in early childhood so it can stimulate curiosity and desire. Finally, stimulate new ideas in the child.

Yoga asana is one of the methods for the creative development presented through games and storytelling. The motions in yoga adapted to the characteristics and close to the child's life. It makes yoga asana as one of the interesting techniques in building the creativity of early childhood. The results showed that after four up to six months performed yoga asana regularly, the significance of increased child's creativity can be seen from ability to express ideas or opinions on a topic, ability to tell a story based on a picture, ability to solve simple problems in daily life, ability to make decisions, critical thinking and concrete. This is the basic importance of yoga asana as an alternative for institutions and educators to develop creativity with an interesting method, enjoyable and appropriate with the characteristics of early childhood growth.

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