

Changes in Children Behavior with Music Yoga Motion Exercise

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Abstract—this study is aimed at revealing: (1) Theoretic information on the influence of yoga exercises with guided music in behavior changes of children tunalaras. (2) Contributions to the development of science, especially the field of children with special needs, especially the child tunalaras to promote good behavior change. This research has the aim of improving, reflecting through a repetitive action, which undergoes the expected change of child tunalaras. The results of the study showed that physical activity through yoga exercises provides a change of behavior, with each child experiencing different rates of change. Changes in the behavior of the child tunalaras to become more calm (ability to control emotions) and moral (ability to control words, being less rough with the environment in the form of acts or speech) aimed at a significant decline. Being able to control his emotions, being nice to the people around him, and aggressive attitude can be controlled by the child tunalaras after yoga activities accompanied by music.

Keywords—*behavior change, child tunalaras, yoga motion, accompanied by music.*

I. INTRODUCTION

Child Tunalaras Means having problems in behavior. This is not only a behavior that is different from normal conditions but chronic and conspicuous when interacting with the social and cultural environment.

children are said to have emotional or behavioral impairments if they show one or more of the following five components: a) unable to learn with no negative intellectual, sensory or health factors; b) inability to establish pleasant relationships with friends and teachers c) behaving inappropriately under normal circumstances d) feeling distressed or unhappy constantly e) tend to exhibit physical symptoms like fear of school problems.

Thus the need for a research on how a child can be accepted by the environment. With research, using yoga exercises approach accompanied by music that will make the feelings improved and will affect attitude, behavior and response towards something that is in the environment. Previous research mentioned that yoga breathing exercises helps in overcoming anxiety. According to previous research, it states that yoga can make a person releks thus saying that yoga can reduce the stress he is suffering. Relaxation

approach through Yoga can be applied in reducing a child's annoying behavior [1] Implementation of Yoga Motion can reduce feelings of lack of social relationships (loneliness) to students tunalaras. Yoga Motion is acceptable to children tunalaras and can give significant improvement on motor ability (balance, strength and flexibility) [2-3], whereas with music, alloys are able to provide descent of anxiety and psychological fatigue so to improve quality of life [4].

In previous studies, there was no research of motion yoga accompanied by music. With attention to the subject above is a child with special needs. children tunalaras and their ability to perform by showing the expected behavior changes.

II. METHODS

This research is aimed at involving the subject of the child tunalaras, with the child in respect at the age of being elementary school. In this study, the researchers sought permission from parents to follow up the yoga activities and also the classroom teacher who accompanied and was given a questionnaire to see the results after doing yoga activities. With the character of a child who has limited tunalaras, they have some problems with the environment and it takes time to be able to see how the child is able to follow and do this activity well. Children with: 1.Ability 2.Psikomotor activity 3.Depression 4.Disk Attention 5.Problem6. Behavioral disorders 7. Communication problems and. Social disorders

Data is taken at the time of the child's activity and after performing yoga motion in the company of the music by making observations before the research and the resumption of the research after completion of the study. Looking at the process and results through a graph, it shows the number of decreases or the absence of change from the figure that the graphic image of the value shows.

III. RESULT AND DISCUSSION

This is the first study done to analyze how the activity of yoga motion accompanied by music can affect behavioral changes in children tunalaras. Activities children usually do to reduce their emotional energy are energy-draining activities, but through yoga, other movement activities which are not so draining is provided.

This activity is still able to give effect, the same change in children with more relaxed and more calm after following this activity.

Changes shown are: 1. nurtured quietness 2. Reduced anxiety 3. Control of self 4. Respiratory 5. Attitude. These changes are expected to visibly appear after completion of the action. Yoga activities that must be memorized by children and by listening to music is not easy to do with children with special needs, but they are very enthusiastic and researchers are also very supportive for the achievement of goals.



Fig. 1. Children poses yoga

Children with special needs are doing yoga movements with Child's yoga poses to rest the body, help the mind become calm, reduce stress and anxiety.



Fig. 2. combination of yoga movement (asana)

The combination of yoga movement (asana) with breathing technique (pranayama) is considered as a form of self-cleansing from mind and the physical side. Breathing techniques bring the body, stabilize emotions and create a clear, fresh mind.

TABLE I. RESULTS GOTTEN AFTER THE CHILD PERFORMS A YOGA ACTIVITY ACCOMPANIED BY MUSIC

Information	P1	P3	P5	P7	P9	P11
Observer 1	9	9	9	9	6	6
Observer 2	16	18	14	11	7	5
Observer 3	21	17	13	11	7	5
Observer 4	21	21	11	7	7	6

The table above shows the number of results gotten after the child performs a yoga activity accompanied by music. It experienced a good decrease of the previous high value which is shown by the graph in the picture below.

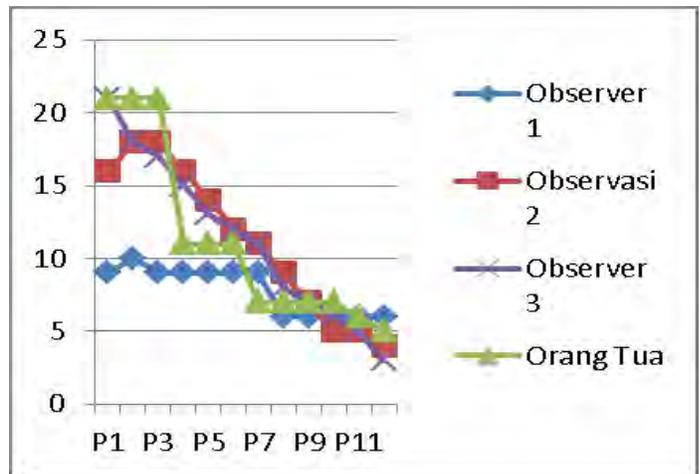


Fig. 3. Rating result

Students' behavior improved and is evident by a decrease in the scores of observers after observing the behavior of children performing guided yoga exercises, from each cycle the child does.

IV. CONCLUSION

In conclusion, the behavior disorder of children can be improved with the practice of yoga with the company of music in behavior disorder children in SLB E Prayuwana Yogyakarta. Given the model of physical activity through yoga exercises, it can aid improvement towards betterment of children behavior disorder. Displayed by this model, children showing decrease in bad behavior levels is good. Although the children still displays the same behavior, the behavior tends to be better than before the yoga treatment.

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