

UTILIZATION OF FREE TIME FOR CHILDREN IN SUKARHARJA CIOMAS VILLAGE DURING THE COVID-19 PANDEMIC

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Abstract

Lately, there have been more and more complaints from parents about their children not being able to take advantage of their free time during the Covid-19 pandemic. This is due to the increasingly narrow scope of children who require them to do all activities at their respective homes which causes the emergence of feelings of boredom due to the many schoolwork that currently use the online system and the lack of interaction and socialization of children in the surrounding community. Seeing these conditions, Community Service of Ibn Khaldun University Bogor is here with a mission to educate children on how to use the free time they have with positive and fun activities. The interesting method is to invite children in the Sukaharja Ciomas Village environment to look for creative ideas through YouTube or other social media. Program effectiveness was measured using questionnaires. The final results of the questionnaire showed that more than 50% responded well to the results of this activity, which can be concluded that the children are very enthusiastic about this activity.

Keywords: Children, Education, Covid-19

INTRODUCTION

Educational activities for children were carried out in Sukaharja Ciomas Village. Sukaharja Ciomas Village is an expansion of Sukaharja Ciomas Village which is one of the centers of Bogor Regency. The population of Sukaharja Ciomas village until 2016 amounted to 26,840 people consisting of 13,974 males and 12,866 females and most of them constitute Children The still in school.

Early childhood is a golden age or often called Golden Age. At this time the child's brain is developing fastest in the history of his life. This is ongoing on Moment Son in the womb until early age, which is zero to six years old. However, the period of the baby in the womb until birth, until the age of four is the most decisive period. During this period, the child's brain is experiencing very rapid growth. Therefore, paying more attention to children at an early age is inevitable (Fauziddin M, 2016).

In this area, there are many impacts of the Covid-19 pandemic, especially those experienced by children. Covid-19, which gave birth to health protocols to wear masks, maintain distance and wash hands frequently, has drastically changed the mechanism of school children. Suddenly school children have to do their learning activities from home. A change that has occurred and invites big questions for children about why they can no longer come to school. A change that will surely invite various responses from school children to their "lost" daily lives. Everyday studying at school, meeting and playing with his friends, daily going out of the house to come and go from home to school.

It is not easy for parents to explain well what is happening today. For schoolchildren at the junior high school level, it may not be so difficult for them to accept the explanation, but this is not the case with those who are still in elementary school, for example. Likewise, various reactions emerged from each school child in the face of these changes. Most of them are disappointed because they miss the opportunity to play fun games with their peers during school breaks. However, some of them are happy with the change that does not require them to get up early and hurry to prepare to go to school. The point is that children are faced with a change that they did not expect at all.

This disappointment if it is not managed properly and received the right guidance from parents and teachers, it is not impossible that it will be able to reduce the enthusiasm for learning of these children. A challenge not only for the child, but also for parents and teachers.

The mechanism of learning at home is really very different from the face-to-face school method. The emotional connection between children and teachers and also between classmates will definitely more or less interfere with the learning process in society or socializing students.

They lost the stage of play as well as the stage of interaction between peers. They lost their "confiding partners" among peers. More than that, the mechanism of learning from home has also changed the schedule of activities from parents of students who must also supervise their children in participating in the study program at home.

This, of course, if left unattended for a long time, will make it difficult for children to take advantage of the free space available while at home. And this is an important task for parents in paying attention to and controlling their children's free time so that it can be used for positive activities.

Free time is time outside of activities that are carried out every day. Free time can be used with positive things such as selling if you have a talent for trading, crafting, such as making pictures, poems, short stories and making other works. By filling free time like these activities, children also can hone hobbies or activities that are of interest. (Rohmat Kurnia, 2011:6).

The definition of free time is often associated with doing nothing and also being lazy, even though it is not like that. The meaning of the term leisure time is divided into 3 dimensions. Viewed from the dimension of time, leisure time is seen as time that is not used to "work"; earn a living, carry out obligations and sustain life. In terms of how to charge, free time is time that can be filled with activities of your own choice or time that is used and used at will. In terms of function, leisure time is time that is utilized As a means of developing potential, improving personal quality, therapeutic activities for those who experience emotional disorders, as a distraction and entertainment, a means of recreation, as compensation for unpleasant work, or as an activity to avoid something (Popsy, 2007).

Free time without being filled with positive activities will cause various environmental problems that can be disturbed. Filling free time properly and in a way that is appropriate for the child's age is still a problem for most children, for example; the onset of boredom and reluctance to do anything is a phenomenon that we often encounter (Monks, et al. 2002:285). Regarding the use of time, the results of Muhajir's (2007) research found that the use of time is influenced by intrinsic and extrinsic factors. Intrinsic factors are influenced by interest, attention, willingness, motivation, and ambition, among others. Extrinsic factors are influenced by family or parental factors.

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The study of supporting theories in this article will be explained as follows.

The Essence and Concept of Free Time Free time is the time that is owned by students who are not or have not been used outside of predetermined or existing activities. The concept of leisure time varies depending on the views and opinions of the person who assesses and uses it. There are many opinions about the definition and concept of free time, but in essence it is the free time that students have in addition to the time used by them as students. The definition of free time is often associated with doing nothing and also being lazy, even though it is not like that.

a. Children

According to psychology, a child is a developmental period that stretches from infancy to the age of five or six years, this period is usually called the preschool period, then develops equivalent to the year of elementary school years. Based on the Juvenile Justice Law. Children in Law No. 3 of 1997 are listed in article 1 paragraph (2) which reads: "A child is a person in the case of a delinquent child who has reached the age of 8 (eight) years but has not reached the age of 18 years (eighteen) years and has never been married. However, the term in also often refers to a person's mental development, even though his age is biologically and chronologically included in adulthood, but when the development of mental or age sequence, then a person can be associated with the term "child".

b. Factors that affect child psychology

First Interaction with the Environment. Interaction with the environment can also contribute to the influence that large enough for the psychological development of children. If they are used to being in a good environment, then the baby will also grow up to be someone full of kindness, and vice versa. For this reason, mothers must always supervise the baby's activities so that they are not affected by a bad environment that can affect their psychological development and make them a rebellious or grumpy figure.

Second, parental involvement. The involvement of parents in the baby's life is one of the things that can determine the baby's development psychology. This involvement can be demonstrated by

doing activities together, such as playing, exercising, singing, or accompanying the baby to study. With parental involvement, babies will be easier to communicate and express their desires So that he grows into an open, honest, and more confident person.

There is still a lack of awareness among children to use free time for positive activities and a lack of parental attention to their children's activities so that more and more children who cannot use their free time for positive activities during this pandemic are a problem that must be solved immediately.

The lack of entertaining activities while at home and the lack of time given by parents are some of the factors that can trigger children's boredom while at home. By providing understanding and education to children on how to use their free time and what activities they can do while at home, it is felt that it is very necessary so that children can have an idea and what activities they will do later.

The delivery of education to children is carried out by giving them an overview of interesting activities that they can do while at home by using the youTube application and other social media to find creative ideas about activities that can be entertaining. Excessive use of gadgets will have a bad impact on children. Children who spend their time with gadgets will be more emotional, rebellious because they feel that they are being bullied while engrossed in playing games. Lazy to work on daily routines. Even for eating, he had to be bribed, because he was engrossed in using his gadget.

This is certainly very unsettling for people because the excessive use of gadgets by children can certainly damage their growth and development. Therefore, the existence of this educational program for children is expected to make children know that there are so many fun activities that they can do while at home during the Covid-19 pandemic. These things are the basis for the inactivity of youth organizations in Wangun Jaya village.

Therefore, from what is explained above, the author took the title Utilization of Free Time in Children in Sukarharja Ciomas Village During the Covid-19 Pandemic

Problem Formulation

1. Providing understanding to children on how to fill their free time while at home.
2. The enthusiasm of the children in listening to the education provided.

RESEARCH METHODS

The method used in this activity program is a mixed quantitative and qualitative approach (mixed method) with evaluation methods and case study methods. The evaluation method is used to obtain quantitative data, while the case method is used to understand the conditions of individuals, groups or certain situations in more detail (Lodico, et al. 2006).

This activity was carried out on September 3, 2021 in the Sukaharja Village area of Ciomas Bogor. In this activity, the Community Service of Ibn Khaldun University Bogor was initiated by Anak Moh. Muhydin N,ST., M.Pd as the person in charge of Activities.

The task of educating children on how to fill their free time during the pandemic by utilizing youtube applications and other social media such as Instagram to find creative ideas about fun activities that children can do during the Covid-19 pandemic in Sukaharja Ciomas Village.

Stages Program Second, educational activities This is done by visiting the children's homes one by one and providing an overview in the form of fun activities that can be done while in madrasah.

This is done to reduce activities that can cause crowds during this pandemic. The activities offered in this case are making handicrafts from used items that can be obtained from household waste such as cardboard, bottled water. The stages of research carried out are preparation, implementation and data processing. The method used in collecting data at the end of this activity is the questionnaire method. Questionnaire is a data collection technique that is carried out by giving a set of written statements to respondents for answers. The questionnaire used by the researcher as a research instrument, the method used is a closed questionnaire.

In the last stage, namely the evaluation stage. At this stage, it is carried out by discussing obstacles or difficulties children when participating in the educational activity. After finishing the discussion, the last activity carried out was to give a questionnaire. This questionnaire is the final evaluation when the material taught on that day has been given. The purpose of filling out this questionnaire is to find out how enthusiastic they are about this activity program and how ready the researcher is in providing educational materials. From the results of the activity, it was found that the children did not have an idea of what activities they could do to kill boredom, but they were very enthusiastic when listening to the education provided. They began to have gambaran about what activities they can do during this pandemic. Therefore, through the Community Service program, Ibn Khaldun University Bogor conducts this educational activity to 5 children who are felt to need guidance through this program.

RESULTS

Providing education to children about useful activities that they can do while at home during the Covid-19 pandemic. As a result of this pandemic, it not only attacks physical health but also attacks psychological health. This situation makes individuals, especially children, feel disturbed in their psychological health such as anxiety, fear, excessive worry and other psychomatic impacts. This is also experienced by students who have seen boredom and boredom with situations and conditions like this, In addition to learning difficulties, mental health disorders will also affect the psychological state of children a lot where the current situation requires children to be aware of the environment in which they live daily.

This condition causes mental health disorders, one of which is psychomatic disorders, anxiety, panic and fear are the main reasons for this disorder to be funny in the human body. The suggestions that are built in the mind have a great influence on the physical and psychological condition in this situation. Psychomatics will arise when a person feels stressed and anxious excessively and can even cause depression. Seeing from these problems, the provision of education is carried out by Tell children that there are actually many positive activities that they can do to avoid stress without having to spend a lot of money. This education is carried out by showing children creative activities in filling their free time by watching inspirational videos from youTube media.

DISCUSSION

Regarding the results of educational activities to children in Sukaharja Ciomas Village, the children already have an overview of activities to fill their free time. From the education provided they can also learn that fun activities don't have to cost a lot of money. One example of activity is making handicrafts from used goods.

This activity can not only entertain and increase children's creativity but also has other benefits, namely turning items that are no longer used into items that have functional value. Children can also know the benefits of filling their free time with interesting things, including can improve physical well-being, increase mental and emotional freshness, make us recognize our own abilities, vent physical, mental, intellectual, spiritual, and aesthetic expression and balance, and through the education provided to their children they understand that the gadgets they have are not only for playing but can be used to find ideas creative about fun activities that can be acknowledged at school.

Parents feel a little helped by this activity, even though it looks trivial, the free time that children have has an important role in determining the direction of children's development. Usually children will spend their free time doing things they like without any coercion from others. It is at times like these that parents must pay attention to the things they love and see the direction of their potential talents. At the end of the activity, the researcher gave a questionnaire to each child to find out the percentage of success of this activity.

From the results of filling out questionnaires from 5 children, less than 50% of the children's responses responded very satisfied, this shows that there is still a lack of enthusiasm among children in receiving education, then more than 50% of the children's responses showed satisfaction which means that the educational activities are going well and can be understood by children, and 6% of children responded quite satisfied which means that the activities that took place still needed some improvement and learning. From the results of the evaluation, it can be concluded that children are less interested in learning activities and do not understand how to fill positive blanks.

With this educational activity, it is hoped that children will be able to take advantage of the available free time with positive and productive activities that can be accessed through social media such as how to make handicrafts from used goods.

CONCLUSIONS

From the findings and discussion above, it can be concluded as follows. Based on the activities that children like most in utilizing their free time such as making crafts where they are free to determine what they want to make, it can be concluded that students choose activities that suit their abilities and interests. These activities that tend to be in demand are activities that have more entertainment elements.

The use of free time depends on the individual's motivation as well as the motivation of others. Free time in the context of education is intended that students realize the importance of free time to be used seriously through activities that are useful for themselves and the surrounding environment.

Education on how to use free time for children is one of the efforts so that children can know what entertaining ways and activities they can do during this pandemic even though they have to

stay at home. The many complaints from parents about the ineffectiveness of their child's free time make parents worried about the psychological growth and development of their children. View conditions to help children face this pandemic by providing education involving children around Dauh Puri Kauh Village on how to fill their free time. The children are enthusiastic about how to make trinkets from used items. They are also Many give ideas about what they want to create. From this educational delivery, children began to find out what they could make from previous used items they collect like cardboard and bottles used.

This activity is expected to help parents find solutions on how to make children find activities that are educational and can fill their free time during the Covid-19 pandemic. Through this activity, children can also take advantage of the gedged that they usually use only to play games to explore what creative ideas they have. want and can do it at home through social media.

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