



**Improving Sitting Endurance with the Use of Economic Tokens in Children with Attention Deficit and Hyperactivity Disorders**  
(*Singke Subject Research* class V at SDN 06 Piai Tangah)

**Rurri Handalusia<sup>1</sup>, Zulmiyetri<sup>2</sup>, Gaby Arnez<sup>3</sup>**

*Special Education, Padang State University, Indonesia*

*Special Education, Padang State University, Indonesia*

*Special Education, Padang State University, Indonesia*

\* Corresponding Author. Email: [rurrihandalusia@gmail.com](mailto:rurrihandalusia@gmail.com)

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**Abstract**

This research focuses on the problems experienced by ADHD students who are unable to stay seated while studying. The aim of this research is to increase endurance while sitting in learning and also to provide enthusiasm in participating in learning by using economic tokens. This research uses an experimental method using SSR (Single Subject Research). This research data was collected through observation and documentation. The results of this research can be said that the use of economic tokens is effective in increasing sitting endurance in children with ADHD.

**Keywords :** *GPPH, Sitting Resistance , Economic Token .*

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**Keywords :** *GPPH, Sitting Endurance, Token Economy*

**Introduction**

Children are a trust given by Allah SWT who must be protected and looked after so that they are able to go through every phase of growth and development in life. Every child is born into the world in different circumstances, whatever the circumstances, because in essence every human being was

created uniquely by the Almighty Creator. Every child is born into the world in different circumstances, whatever the circumstances, because in essence every human being was created uniquely by the Almighty Creator.

At the age of 0-3 years, children are in the *golden age* where children

experience rapid growth and development (in Hikmawati & Munastiwi, 2018) . During this period, children develop themselves thoroughly and well by being given stimulus and training so that the child's development occurs optimally, which will later support the child's development at the next stage. The development of behavior in children that is not appropriate to their developmental stage will have an impact on the child's development. Inhibited behavioral development in children can cause children to be hampered in communicating and interacting with the surrounding environment (Fadhil, 2010) . Children who experience physical, psychological, cognitive or social and behavioral barriers are called children with special needs.

ABK are children who, when compared to other children, have special characteristics. Children with special needs do not always show mental, emotional or physical disabilities (Lisinus & Sembiring, 2020) . ABK can be classified according to their specificities, namely grouped into children with hearing impairments, visual impairments, physical and motor impairments, cognitive, language and speech impairments, children with social and emotional disorders, as well as children with mental retardation and special intelligent children with special talents. . One of the children with special needs is a child with attention deficit hyperactivity disorder (GPPH).

ADHD children are children who experience attention deficit hyperactivity disorder, this condition is called hyperkinetic disorder (Marlina, 2008) . ADHD is a disorder that children exhibit in the form of a short attention span, attention that can be distracted easily, and a high level of physical activity. This is characterized by behavioral and neurocognitive development that is not appropriate to their age level of development. Inhibited behavioral development in children, this will have an impact on the development of

communication and interaction. Children with ADHD are generally impulsive and stubborn, where children will have tantrums and get angry when they don't get what they want. However, some children with ADHD are not empathetic, their feelings change easily, they are restless and quick to get angry. In such conditions, children often experience problems in interacting (Marlina, 2008) .

Based on initial observations made at SDN 06 PIAI, on that day the researcher made observations in class V. Based on the observations the researcher made, the researcher found a female student (N) who was one of the class V students at SDN 06 Piai If you look at Tengah physically and well, he doesn't have any shortcomings. As well as having good communication and socialization skills with his peers, however, in learning N shows an attitude that is difficult to focus on listening to what the teacher explains, cannot sit quietly and tends to be ready to move.

Based on interviews with class teachers, researchers found information that N did not experience problems in terms of academics, but had problems in terms of behavior. Based on the information that the author received, N's mother is a teacher who teaches at a high school in Padang City, and at home N's parents are considered indifferent, this is what causes N to behave like that because he is looking for attention. The information the researcher received from the teacher was that when N was given attention that focused on himself, N would not leave his seat. Because at the beginning N was sitting in class V, Mrs. Meri, as class N's teacher, gave more focused attention to N, but when this was implemented, the class atmosphere became less conducive because the other students became noisy.

Therefore, Mrs. Meri once called N's parents to school to discuss the problems experienced by N. The school suggested that N have a special accompanying teacher. However, this suggestion was not accepted by N's mother,

so up to now the suggestion given by the teacher has not been implemented. Based on the information the researcher obtained from the class N teacher as well as the observations the researcher made, the researcher observed that children often display hyperactive behavior.

Then, to find out the symptoms of hyperactivity that appeared in N, the author carried out an assessment which the author carried out by direct observation of the hyperactive behaviors that appeared in N in learning. The results of the hyperactivity behavior assessment showed that 60% of children showed symptoms of hyperactive behavior. The hyperactive behavior shown by children is that children often leave their seats during learning hours. Children will leave their seats and usually walk to their friends' seats to chat or will stand in front of the classroom entrance. Therefore, the author took one aspect regarding motor hyperactivity behavior in children, namely the child's sitting resistance in learning.

Based on the problems that have been described, researchers conducted more in-depth observations and research on children's sitting resistance and provided a treatment that helps children overcome the problem, one of which is increasing children's sitting resistance by using economic tokens. Giving economic tokens is expected to be able to increase children's resistance to sitting in learning, with the rewards given to children it will motivate children to get these rewards (Rahmawati, 2015).

## Method \_

The type of research used in this research to increase sitting endurance using economic tokens in children with ADHD is experimental research using SSR ( *Single Subject Research*) to see the effect of treatment or intervention on subjects under controlled conditions (Setiadi, 2013) . The basic principle of research using the experimental method using SSR is that a person who is used as a subject in the research has two conditions, the first

condition, namely the initial condition of the subject, namely the condition where the subject has not been given intervention or treatment, then the second condition, namely the final condition, which is the condition subjects in research after being given an intervention or behavior. Then the influence that occurs on the target behavior is studied in these two conditions

This research uses an ABA research design. The ABA design has three implementation stages, namely A1 (Baseline 1), B (Intervention), A2 (Baseline 2), the implementation of these three research stages will be carried out several meetings. The research design used in this research is SSR with an ABA research design. The ABA design has three implementation stages, namely A1 (Baseline1) at this stage the researcher makes observations and records regarding sitting resistance before being given intervention or treatment to determine the child's initial condition, B (Intervention) at this stage the researcher carries out observation and recording activities regarding resistance The child sat down and was given treatment or intervention in the form of economic tokens when the child was able to endure sitting for a 10 minute interval. A2 (Baseline 2) the researchers re-observed the child's sitting resistance after the treatment or intervention was no longer given.

In this research, the dependent variable or target behavior is the child's sitting resistance, where disturbances that occur in the behavior shown by children who often walk and cannot stay in their place occur repeatedly and every day during learning hours. Meanwhile, independent variables. Independent variables or variables that influence other variables are economic tokens. Economic tokens are a technique for modifying behavior that is given to children in the form of tokens that can be replaced with rewards or prizes that the child likes. The use of economic tokens is done by giving tokens when the child displays the desired

behavior, then this token is given as soon as possible to the child every time the target behavior appears. In this study, tokens will be given to children when the child is able to stand sitting for 10 minutes.

The research was conducted at SDN 06 PIAI Tengah which is located on Jalan Piai Tangaj, Pauh District, Padang City. This research was conducted in an odd school year, namely July to August 2023, for approximately 60 days. The time for carrying out this research took place during the third learning hour in 30 minute intervals starting from 09.00-09.30

The data collection technique uses observation techniques and also video recording, and the data collection tool is in the form of a sitting endurance data recording format. Using data analysis with graphic visual techniques.

## Results and Discussion \_

### 1. Research result

This research was conducted in 12 meetings. observing each condition regarding the child's resistance to sitting in learning, then getting the results at *Baseline* (A1) which was carried out three times in 10 minute intervals from meeting one to three, obtaining results of an *occurrence percentage* of 0%, 0%, 0% can be confirmed that the trend of the data trace in this condition is flat.

In the intervention condition (B), observations were made six times in 10 minute intervals in three phases from the fourth to the ninth day, the percentage of *occurrence* was 33.3%, 0%, 33.3%, 66.6%, 66.6%, 66.6%. From these data it can be seen that each condition experienced an increase, but at the fifth meeting it experienced a decrease. So that in the intervention condition (B) it can be confirmed that there will be an

increase in the trend of the data trace.

Then, in the baseline condition (A2), make observations 3 times in 10 minute intervals for three data phases on days 10 to 12 with the percentage of occurrence, namely 66.6%, 66.6%, 66.6%. Because the data obtained was stable, observations were stopped until condition A2.

### 2. Discussion

Sitting endurance is an ability that students must have in learning so that learning can be carried out well. Because when students do not have the ability to endure sitting in the learning process, this will affect how these students receive the learning given by the teacher. A child's inability to sit still in learning will have an impact on the learning given to the child, causing the child not to understand the learning given by the teacher.

One way that can be done to increase children's resistance to sitting can be done with economic tokens. Economic tokens are one method used to modify behavior in children which aims to increase desired behavior and reduce undesirable behavior by giving tokens (Isnawati, 2020) . Economic tokens are savings pieces that are given to children when the child shows a desired behavior which can later be replaced with a reward or something the child likes.

Based on the description of the data analysis above, it proves that the use of economic tokens is effective in increasing sitting endurance for children with ADHD. This is proven by the *overlap between baseline (A1) and intervention (B)* conditions of 16.6%. In the intervention condition

(B) with the *baseline condition* (A2), the *overlap result* was 33.3%. Because the smaller the *overlap percentage* , the better the effect of the intervention on the target behavior. So from the results of this research it can be said that the use of economic tokens is effective in increasing sitting endurance in class V ADHD children at SDN 06 Piai Tengah.

### Conclusion \_

Based on the results of research that researchers have conducted, this research aims to prove the use of economic tokens in increasing sitting resistance in children with ADHD. From the results of research and data analysis, it shows that sitting endurance in children with ADHD can increase after being given economic token treatment. The increasing endurance of the subject's sitting includes the subject being able to persist in sitting for a time interval of 10 minutes in two phases, so that the percentage of occurrence is 66.6%.

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