

Implementation of the Routine Habituation Method in Developing Reading Skills in Elementary Schools

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Abstract

This research is based on reading habits that occur as a result of routine activities carried out daily at school. The aim of this research is to describe the implementation of the habituation method applied by class IV students at SDN 4 Gondang. This research was carried out at SDN 4 Gondang, Gangga District in class IV semester II of the 2023/2024 academic year. The method used in this research is a qualitative approach and in terms of method it is a descriptive method. Data collection techniques use observation, interviews and documentation techniques. The data sources for this research are school principals, teachers and students. And the data analysis techniques used in this research are data collection, data reduction, presentation and drawing conclusions. The research results show that (1) Implementation of the reading habitual method in an effort to foster reading skills at SDN 4 Gondang is carried out by a) reading habitually, b) providing a reading corner c) and providing reading books in the library and each class. (2) There are obstacles and solutions to implementing the habituation method (1) internal factors (a) reading disorders, the solution is with special guidance to students, (b) lack of focus on reading, the solution is to stay away from places that can interfere with the reading process or by reporting to teachers, (2) External factors, (a) lack of reading facilities, the solution is to utilize unused facilities and use them to facilitate the lack of reading places, (b) lack of reading time, the solution is to provide reading time when there is time blank.

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1. INTRODUCTION

Reading is a learning activity that is considered very important in elementary schools because it not only improves students' language skills, but also helps them learn other subjects. However, the fact is that reading learning in elementary schools is still inadequate and does not meet expectations (Suastika, 2018:58).

Because reading is important for learning all subjects and even for everyday life, reading proficiency in elementary school serves as a foundation or basis for evaluating students' academic success. Therefore, teaching reading in elementary schools must be more focused, and students' reading abilities need to continue to be improved. (Sugiarsih, 2017:160-161).

One area of language proficiency that gets a lot of attention in everyday life is reading. This focus stems from an understanding of the importance, value, and role of reading in social interactions. Differences in interpretation of readings are caused by this (Harianto, 2020:2)

Reading skills built in the early stages of reading have a significant influence on deeper reading abilities, because the skills are hidden behind more advanced reading skills. This requires instructor focus. Teaching reading in first grade lays the foundation for further

learning. In order for a foundation to function and truly function, it must be sturdy and able to provide support (Putri et al, 2023:52).

One method to improve reading ability is to help children become accustomed to reading and find pleasure and motivation in reading. According to Farida Rahim, students who have high motivation and like to read will become more adept at reading, and vice versa (Sugiarsih, 2017: 161).

Habituation is one way of instilling habits in children and is one way of educating children (Sapendi in Megantara and Wachid, 2021:385). Meanwhile based on Marwiyati's research (in Megantara and Wachid, 2021:385) Deliberate, methodical and continuous activity in trying to persuade someone to do something without their consent is known as habituation.

These habits are the result of deliberate and planned actions taken to help the affected person become accustomed to them. In other words, habit refers to activities that are carried out consistently. People act out of habit without considering it. (Megantara and Wachid, 2021:38).

The conclusion from the discussion above is that everything that you think is very difficult to do will feel easy if you get used to it in everyday life and can become a permanent habit. When something is done consciously to become a habit, students will more easily understand what is being taught and always remember it, leaving it as an internal experience.

Operant conditioning is a habituation method in educational psychology that teaches students to have good behavior, be obedient, persistent, tenacious at work, sincere, trustworthy, and complete tasks responsibly. (Saleh and Syaikhon, 2022:88).

The initial results of observations carried out by researchers at SDN 4 Gondang, researchers found various interesting things that the children of SDN 4 Gondang had, one of which was in terms of reading, usually when students were out playing, they used their time to play and rest, but students -The female students there have good habits, namely not only using their time to play and hang out with their friends, but they also do reading activities, this can be seen from the encouragement from both the principal and each class teacher to continue to control and provide facilities to read to their students.

Habits are activities that are carried out repeatedly so that they become permanent activities within oneself. Reading habits that are often carried out by SDN 4 students of Gondang was the main factor in conducting this research.

2. METHOD

This research was conducted using qualitative methods, which is also known as qualitative research. This qualitative research can describe the results in descriptive form with researchers' explanations and strengthened expert theories. This research intends to explain the influence of behavior and actions carried out by objects. Where the object of this research is class IV students of SDN 4 Gondang for the 2023/2024 academic year. With the research object, how to implement the habituation method in developing reading skills in class IV students at SDN 4 Gondang.

3. RESULTS AND DISCUSSION

1. The implementation of habits carried out by class IV students is, carrying out the habit of reading before studying, practicing questions and during break times, as well as providing reading corners in every corner of the classroom and providing reading books in the library and classroom.
2. Obstacles and solutions in implementing reading habits are 1) Internal factors, the solution to reading disorders is by providing special guidance to students, the solution to lack of focus on reading is done by staying away from places that can interfere with

the reading process or by reporting to the teacher, 2) External factors, solutions The lack of reading facilities is done by utilizing unused facilities and using them to facilitate the lack of reading places. The solution to the lack of reading time is by providing reading time when there are free hours.

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