

## Improving Children's Cognitive Abilities About Name Days In English Through Singing Method

Nelli Amanda Sari<sup>1</sup>, Nadila Adha Lubis<sup>2</sup>, Yufa Ainun Hidayat<sup>3</sup>, Aprina Harahap<sup>4</sup> Bani Amirul<sup>5</sup>

[nelliamandasari@gmail.com](mailto:nelliamandasari@gmail.com), [nadilaadhalubis@gmail.com](mailto:nadilaadhalubis@gmail.com), [yufaainun2@gmail.com](mailto:yufaainun2@gmail.com),  
[aprinapina81@gmail.com](mailto:aprinapina81@gmail.com), [bani1100000189@uinsu.ac.id](mailto:bani1100000189@uinsu.ac.id)

Universitas Islam Sumatera Utara

Address: Jl. Sisingamangaraja No. Kelurahan, Teladan Bar., Kec. Medan City, Medan City, North Sumatra 20217

**Abstract.** Early childhood cognitive development is an important aspect in the learning and growth process. One effective method to improve children's cognitive abilities is to use the singing method. This method utilizes music and song lyrics to help children learn in a fun and easy to remember way. This study aims to evaluate the effectiveness of the singing method in improving the cognitive abilities of young children, especially in terms of mastering the names of days in English. The research results showed that the singing method was proven to be an effective approach to improve understanding and retention of information related to the names of the days.

**Key words:** cognitive abilities, early childhood, singing methods, learning, education.

### INTRODUCTION

Cognitive abilities encompass the mental processes that enable us to perceive, comprehend, and interact with the world around us. These abilities encompass a wide range of functions, including language comprehension, categorization, memory, and abstract thinking. Cognitive processes allow us to adapt to our environment, acquire knowledge, and solve problems effectively. Various psychologists have defined cognitive abilities under different terms, emphasizing different aspects of this multifaceted domain. Some emphasize the ability to think abstractly, while others highlight the ability to adapt to changing circumstances. Regardless of the specific definition, cognitive abilities play a crucial role in our everyday lives and contribute significantly to our overall intelligence.

Educational psychologists have proposed various definitions for intellectual or cognitive abilities. Cognitive abilities encompass the capacity to adapt to one's surroundings, process information through thought and memory, and utilize knowledge and experience to interpret sensory input. From these diverse perspectives, it can be concluded that cognition represents a thinking process, enabling individuals to connect, evaluate, and ponder events or situations. Cognitive abilities develop gradually in tandem with physical and neural maturation.

Studying human development is like having a map to understand the needs and character of individuals, including elementary age children. Children in this category are generally aged between 7 and 12 years, or the equivalent of elementary school level. For parents, teachers and other adults, understanding the development of elementary age children is an absolute must.

In the elementary age period, children are still in the process of learning and developing, so they do not yet have mature thinking abilities. This makes them limited in choosing what is good and bad, as well as what has a positive and negative impact. One important aspect in the development of elementary age children is the cognitive aspect. Cognitive development includes various thinking abilities, such as reasoning, remembering, memorizing, solving problems, thinking, and being creative. This cognitive development has a big influence on children's mental and emotional development, as well as their language skills. Children's attitudes and actions are also influenced by their thinking abilities. Therefore, cognitive development can be said to be the key to all children's non-physical development.

Overall, this research shows that singing is an effective tool for helping children learn new vocabulary and information in a fun and easy way. This method can also help improve a child's cognitive abilities, which is beneficial for their overall learning.

## **RESEARCH METHODS**

This research uses a literature review methodology to collect information and data relevant to the research topic. Data for this article was collected through a comprehensive examination of books, journals, magazines, and articles. A literature review involves summarizing information from various sources, including journals, books, and other documents, to extract theories and insights from both the past and the present. The information collected is then organized into relevant topics and documents.

## **RESULTS AND DISCUSSION**

Cognitive development is closely linked to brain development. Brain development encompasses both the growth in size (volume) and the maturation of its functions. The rate of brain development significantly impacts an individual's cognitive abilities. By the age of 10, the brain has reached approximately 95% of its adult size, compared to a mere 25% at birth. Brain development lays the foundation for cognitive functions such as learning, understanding,

analyzing, synthesizing, generating ideas, reasoning, thinking creatively, and taking action. Children's cognitive development progresses through distinct stages, starting from the age of 7-12 years onwards. During this phase, cognitive development is characterized by two stages: the concrete operational stage, occurring between the ages of 7-11 years, and the formal operational stage, beginning at 11-12 years and extending beyond. The pace of cognitive development varies among individuals, ranging from rapid to gradual. This variability can be attributed to a combination of factors, including nutritional intake.

Cognitive development stands as a cornerstone of the educational process, serving as a guiding principle for effective teaching and learning. The cognitive domain encompasses learning objectives that focus on fostering higher-order thinking skills, often referred to as Bloom's Taxonomy of the Cognitive Domain. This taxonomy outlines six levels of cognitive development: remembering, understanding, applying, analyzing, evaluating, and creating.

Psychologists and educators have offered diverse definitions of intelligence or cognition, highlighting its multifaceted nature. Cognition encompasses the ability to adapt to one's surroundings, to process information through thinking and memorization, and to intellectually grasp and apply knowledge and experiences. By synthesizing these perspectives, we can conclude that cognition is a complex mental process that enables individuals to connect, assess, and critically evaluate events and situations. This cognitive capacity develops gradually in tandem with physical and neural maturation.

As outlined in Article 1, Point 14 of Chapter 1 of Law Number 20 of 2003 concerning the National Education System, early childhood education, as defined by Wiyana and Barnawi (2014: 37), encompasses a comprehensive approach aimed at nurturing children between the ages of 0 and 6. This nurturing process involves providing stimulating educational experiences to foster holistic growth and development, both physically and mentally, preparing children for their subsequent educational journey.

Kamtini highlights the significance of singing as a means of self-expression and a valuable tool for children's education. Singing, an inherently enjoyable activity for children, provides an outlet for their thoughts and emotions. From infancy, babies find solace and comfort in the lullabies sung by their mothers. As they grow, exposure to songs continues, even if the meaning remains elusive. The inherent joy and tranquility derived from music lay the foundation for further exploration of songs, rhythms, melodies, and lyrics, eventually leading

to the ability to sing independently. This process of inculcating artistic appreciation is crucial for fostering cognitive development in children. As children progress through their developmental stages, their thinking abilities mature, enabling them to tackle problems effectively. Leveraging their innate intelligence, children adapt to various situations and approach challenges with a sense of calm and composure.

In the face of challenges, such as schoolwork that may seem beyond their capabilities, children often seek assistance from trusted individuals. Once they grasp the task at hand, they approach it with confidence, as evidenced by the following expert definitions of ability: Wijaya defines ability as "the capacity to successfully complete a task." Similarly, Sujono et al. explain that "ability is rational behavior directed towards achieving a prescribed goal under the desired conditions."

Within the realm of cognitive development, the desired competencies and learning outcomes for children encompass the ability to think logically and critically, provide reasoning, solve problems effectively, and identify causal relationships in addressing challenges (Yamin and Sanan, 2010:150). Piage's theory of cognitive development outlines four distinct stages: sensorimBeyond Vocabulary: Enhancing Language Skills Through Singing Learning the names of the days in English through singing extends beyond mere vocabulary acquisition. Children are simultaneously exposed to essential aspects of English language structure and pronunciation.

1. **Motor Development:** Incorporating movement into the singing experience not only enhances the learning process but also encourages the development of gross and fine motor skills in children.
2. **Improves Concentration and Discipline:** Engaging in structured singing activities not only promotes learning but also fosters important skills like concentration and ability to follow instructions in children.
3. **Increases Self-Confidence:** The ability to memorize and sing songs successfully will instill self-confidence in children.

## **CONCLUSION**

Teaching the names of the days in English through singing is an effective approach to improving children's cognitive abilities. This method utilizes music to create a fun and

engaging learning environment, which in turn increases retention and understanding. By combining auditory, visual and kinesthetic elements, this method offers a holistic approach that supports various aspects of children's cognitive development.

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