

ABSTRAK

Hubungan Afek Positif dan Kemampuan Kognitif pada Anak Prasekolah di Kabupaten Pandeglang serta Pandangannya dalam Islam

Usia prasekolah disebut juga sebagai usia emas (*golden age*) karena di masa ini perkembangan kognitif dan fisik sangat pesat. Terdapat sejumlah studi pada remaja dan dewasa yang menunjukkan bahwa afek positif meningkatkan fleksibilitas kognitif individu yang membantu individu memecahkan masalah secara kreatif. Meskipun telah banyak studi tentang pengukuran kemampuan kognitif pada anak pra-sekolah, tidak banyak studi tentang afek positif berdasarkan penilaian diri (*self-report*) pada anak pra-sekolah. Studi ini menguji hubungan antara afek positif dan kemampuan kognitif pada anak pra-sekolah. Terdapat 100 anak berusia 3-6 tahun ($M=4,83$ $SD=0,68$) di Kabupaten Pandeglang, Banten yang berpartisipasi dalam studi kuantitatif non experimental ini. Kemampuan kognitif diukur dengan *Wechsler Preschool and Primary Scale of Intelligence* (WPPSI) dan afek positif diukur dengan menggunakan aitem tunggal Face Scale Test (FST). Hasil uji korelasi Spearman menunjukkan hubungan yang signifikan dan positif antara afek positif dan kemampuan kognitif ($r_s = 0.218^*$, $p=0.029$) pada anak pra-sekolah. Berdasarkan tinjauan menurut Islam, afek positif memiliki hubungan sebagai mengontrol manusia termasuk pada anak prasekolah dalam berpikir (kemampuan kognitif) sehingga tidak terjun pada kemaksiatan dan keburukan.

Kata Kunci: Afek positif, kemampuan kognitif, prasekolah

ABSTRACT

The Relationship between Positive Affect and Cognitive Ability in Preschool Children in Pandeglang Regency and its View in Islam

The preschool age is also known as the golden age because during this time cognitive and physical development is very rapid. There are a number of studies in adolescents and adults that show that positive affect increases individual cognitive flexibility which helps individuals solve problems creatively. Although there have been many studies on measuring cognitive abilities in pre-school children, there are not many studies on positive affect based on self-report in pre-school children. This study examined the relationship between positive affect and cognitive ability in pre-school children. 100 children aged 3-6 years ($M=4.83$ $SD=0.68$) in Pandeglang district, Banten participated in this quantitative non- experimental study. Cognitive ability was measured with the Wechsler Preschool and Primary Scale of Intelligence (WPPSI) and positive affect was measured using the single-item Face Scale Test (FST). Spearman correlation test results showed a significant and positive relationship between positive affect and cognitive ability ($r_s = 0.218^$, $p=0.029$) in pre-school children. Based on the review according to Islam, positive affect has a relationship as controlling humans including preschool children in thinking (cognitive ability) so as not to plunge into disobedience and ugliness.*

Keywords: *positive affect, cognitive ability, preschool*