

## **SUGGESTOPEDIA METHOD APPLICATION BASED ON SASANDO INSTRUMENTAL MUSIC IN OPTIMIZING READING COMPREHENSION SKILLS**

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### **ABSTRACT**

*The success of the English learning process is largely determined by the students' reading comprehension ability. However, not all teachers can apply appropriate learning methods so that innovations are needed in learning. This study aims to describe the extent to which the improvement of students' reading comprehension competencies through the application of the suggestopedia method is based on Sasando instrumental music. This type of research is classroom action research in the form of collaboration between researchers and English teachers. The sample in this study were students of class VA with a total of 27 students. Data were collected through pre-test, post-test, and observation. The results showed that there was an increase in the value of 72.22% from the pre-test cycle 1 and then an increase to 83.81% from cycle 1 to cycle 2. So, it can be concluded that the suggestopedia method based on Sasando instrumental music can be a method that is effective for teaching reading comprehension to fifth grade.*

*Keywords: Suggestopedia, Sasando Instrumental, Reading Comprehension*

### **INTRODUCTION**

English has occupied an important position in the world today. This can be seen from the need for English language skills in various fields of life (Göbel & Helmke, 2010; Ratminingsih, 2016). Reading skills are one of the important skills in learning English apart from the other three skills, namely listening, speaking, and writing (Ardiansyah & Djohar, 2012; Firdaus, 2017; Sidik et al., 2019). There are several types of reading skills, one of which is reading comprehension skills. Reading comprehension is a process of interpretation through interaction with written language to understand what is described in the text (Danaei et al., 2020; Sidik et al., 2019). In addition, understanding can also be interpreted as a strategy for understanding the content of a writing or story. Thus, reading

comprehension plays a role in academic success.

The ability to read comprehension requires a person to master the reading aspect which consists of identifying main ideas, understanding vocabulary, identifying details, identifying references and making conclusions (Danaei et al., 2020; Ferrara & Panlilio, 2020). To achieve this, an intensive training process is required. This training process can be carried out through the English learning method in schools. However, the results of problem identification that the researchers found in Ende district were that many elementary school students learned reading skills through English subjects, including for students of SD GMT Ende 4 that in these school's students had difficulty understanding reading texts. The students' average reading comprehension score is still below the

minimum completeness standard (70). This is due to several factors, including the students' lack of vocabulary mastery which has an impact on the ability to understand the content of reading the text. In addition, it is also caused by the application of less varied learning methods carried out by the teacher so that students tend to show expressions of discomfort in learning reading comprehension. To overcome this problem, the suggestopedia method based on Sasando instrumental music can be used.

The suggestopedia method is a learning method that is closely related to the physical environment which can make students feel relaxed and comfortable in the learning process (Kurniawan & Kartini, 2019; Suprpto & Kurniawan, 2020; Ummah et al., 2015). This method is interesting to apply because it has just emerged in the world of education and the concept of learning is in line with active and fun learning, so that later students feel comfortable and have high learning motivation. The suggestopedia method can eliminate adverse rigid norms, eliminate tense tension, avoid the introduction of limiting norms, influence learning outcomes by presenting comfortable learning, putting background music in the classroom during lessons, increasing individual participation, and using posters to provide big impressions while accentuating information (Kurniawan & Kartini, 2019). This method is suitable for use in learning. This is in accordance with the research conducted by (Suprpto & Kurniawan, 2020) stated that the second cycle of learning data by applying the suggestopedia method, obtained data; 37 students scored above 70 and learning completeness of 92.5%. Then the research conducted by (Kurniawan & Kartini, 2019) which stated that student activities show positive changes, are more interested and enthusiastic in learning writing skills using the suggestopedia method.

Putting background music in the classroom during lessons can create a relaxed state for students. What needs to be considered at this stage is that the harmonization in reading written text must be adjusted to the rhythm of the music. music.

Research on the benefits of music for humans has been done a lot. Students can receive lessons well if there are no noisy or disturbing sounds. Students will be disturbed when they hear loud noises so they feel uncomfortable in class and can affect the emergence of anxiety in students. There are also sounds that can enhance student learning, such as music that can affect brain performance and soothing music. Sounds that are soothing and or affect brain performance can prevent learning difficulties due to anxiety in the learning process. The advantage of using audio media in the learning process is that it can be used to collect, process, and store and convey information. Audio with auditive abilities provides stimulation so that students are motivated to learn (Yusantika et al., 2018). Based on this research, it can be concluded that audio media can be used to make it easier for students to absorb information so that students can more easily understand the material presented by the teacher.

This study aims to analyze the Sasando instrument-based suggestion method to improve students' reading comprehension skills. This study has a difference from previous studies, namely the variable used is the Sasando musical instrument using the suggestopedia method to optimize students' reading comprehension skills. The steps in applying this suggestopedia method are planning, acting, observing, and reflecting (Ummah et al., 2015). By using the Sasando instrument-based suggestopedia method, it is hoped that it can improve reading comprehension skill in students so that it affects English learning outcomes in the fifth grade.

## **METHOD**

Achieving a research objective requires implementing appropriate methods. In this study, Classroom Action Research (CAR) in Kemmis & McTaggart's model has been used to achieve the research objectives that have been formulated. The CAR phases of Kemmis & MC Tanggart model include: (1) Planning, (2) Acting & Observing (implementation & observation), (3) Reflecting, (Hopkins, 2014).

This CAR activity is packaged in learning using suggestopedia method based on sasando instrumental music in Class VA SD GMT Ende 4, Ende Regency, 2019/2020 academic years with a total of 27 students. There are several variables that are focused in this study, namely input variables, process variables and output variables. Input variables include pre-test reading comprehension skills before classroom action process, process variables which include teachers' actions in designing

and using suggestopedia method based on Sasando instrumental music as an effort to optimize students' reading comprehension skills, and variables output which include the application of the suggestopedia method based on Sasando instrumental music to optimize the students' reading comprehension ability. Research designing in classroom action research adapted from Kemmis & McTaggart model can be seen in Figure 1.

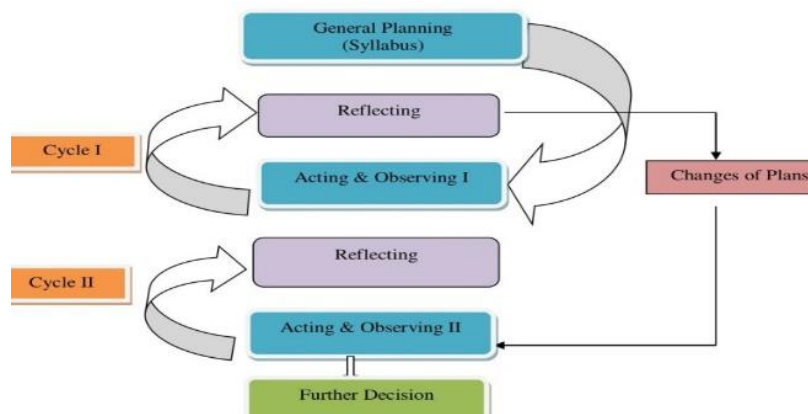


Figure 1. The Basic Plot of Action Research Adapted from Kemmis & McTaggart Models

The data was collected through observation and tests. This activity is carried out at the pre-action, during the action and after the learning action. Observation is used to observe activities and performance carried out by students and teachers through descriptions prepared in the observation sheet, while tests are used to measure students' reading comprehension skills. The data were obtained from the observer's assessment of the application of the suggestopedia method based on the Sasando instrumental music applied by researchers as teachers. The results of the observations then analyzed to obtain the percentage of method application. The enhancement of reading comprehension skills is obtained through post-tests. The analysis and test results used the criteria for the percentage of completeness and the classical average value. Students are said to have completed learning if they have reached the

minimum completeness criteria set by the school, which is 70. The ability to read comprehension is said to be optimal if the student's classical action test is at least 85% of students having reached a value of  $\geq 70$ . The percentage of increasing in value is obtained from the *pose rate* minus the *base rate* divided by the *base rate* times 100%.

## RESULT AND DISCUSSION

Based on the results of the pre-research data calculation, it shows that the scores obtained by most of the students are still below the minimum completeness standard due to the lack of vocabulary mastery and the lack of variation in the application of learning methods by the teacher. The score of reading comprehension on the pre-test can be seen in Table 1.

**Table 1.** Reading Comprehension Score Data on the Pre-Test

No	Score	Frequency	Percentage (%)
1	45-49	2	7.4
2	50-54	2	7.4
3	55-59	1	3.7
4	60-64	5	18.5
5	65-69	6	22.2
6	70-74	11	40,8
7	75-80	0	0
8	80-84	0	0
<b>Total</b>		<b>27</b>	<b>100</b>

The results of the table above indicate that the number of students categorized as having reached the minimum completeness criteria is 11 students. Meanwhile, 16 students are still under the minimum completeness criteria. The specified minimum completeness criteria standard was 70. The average score obtained was 63.14 while the classical completeness level obtained was 40.74%. This shows that many students have not reached the minimum completeness criteria.

The main step in starting this research is to prepare English learning media by using the Sasando instrumental music-based suggestopedia method to improve reading comprehension skills. A collection of learning topics is descriptive text on Things to Do on Holidays material with basic competences in understanding sentences, written messages,

and descriptive text with pictures that are very simple and accurate. The final goal of learning is that students can understand sentences in simple pictorial text, understand the contents of simple pictorial description text and understand written messages in simple pictorial text. In addition, this research also prepares worksheets and observation sheets that will be used to observe teachers and students in the learning process.

The application of the Sugestopedia method based on Sasando instrumental music was carried out in two cycles. Cycle I was carried out in two shifts with a total time of 2x35 minutes. This first cycle is completed in a period of two weeks. The test scores of reading comprehension in cycle I can be seen in Table 2.

**Table 2.** Reading Comprehension Score Data in Cycle I

No	Score	Frequency	Percentage (%)
1	60-64	3	11.1
2	65-69	4	14.8
3	70-74	9	33.3
4	75-79	3	11.1
5	80-84	6	22.2
6	85-89	1	3.7
7	90-94	1	3.7
8	95-100	0	0
<b>Total</b>		<b>27</b>	<b>100</b>

The learning situation in the first cycle looked very different from previous learning. The most striking difference is the decoration of the classroom using posters (physical

environment). The results of observations in cycle I, learning activities in this cycle run smoothly, even though at the beginning of the lesson the application of the Sugestopedia

method. Students just enjoy the attractive classroom decoration and also enjoy Sasando music so that he doesn't pay attention to the explanation of the material and the descriptive text read by the teacher.

This is understandable because the method applied in this school is a new method, especially in learning English. But when the teacher realizes it, students are invited to return to their concentration by giving cues to pay attention to the image displayed on the projector screen. Furthermore, the teacher helps students to open their subconscious by asking them to close their eyes and imagine the atmosphere of the Pink Beach Vacation, catch their breath, and enjoy the music while listening to the teacher who reads a descriptive text with intonation along with a Sasando instrument. After this session, the teacher then gives full opportunity to students to enter the next session.

In the next session, students were given the opportunity to do silent reading while listening to musical sasando. This interesting

learning atmosphere is able to provide comfort for students and they seem to enjoy learning more in this session. The application of the Sugestopedia method based on Sasando instrumental music in this cycle was 75% for student activities, while the application of the method by the teacher (teacher activity) was 90%. This has an impact on better reading comprehension results on the test performance when compared to students' scores on the pre-test. The average value in this cycle increased to 72.2, as well as class completeness increased to 74.07%. Even so, the reading comprehension ability in this cycle cannot be said to be optimal because the classical completeness level is still below the classical completeness standard, namely at least 85% of students have reached a value of  $\geq 70$ . To optimize students' reading comprehension skills again, it was decided to continue learning activities in the next cycle. Cycle II was carried out with the same time portion as the previous cycle. Reading Comprehension Score Data Cycle II can be seen in Table 3.

**Table 3.** Reading Comprehension Score Data Cycle II

No	Score	Frequency	Percentage (%)
1	60-64	0	0
2	65-69	1	3.7
3	70-74	3	11.1
4	75-79	2	7.4
5	80-84	5	18.5
6	85-89	1	3.7
7	90-94	12	44.4
8	95-100	3	11.1
<b>Total</b>		<b>27</b>	<b>100</b>

The second cycle of learning begins with class decorations with posters and the formation of student seats that are different from the previous cycle. Student desks and chairs are arranged in a semicircle. The tablecloth used is a sarong with an NTT motif. The descriptive text learned in this cycle is Visiting the Kelimutu National Park so that the illustration image displayed on the projector screen is different from the previous illustration image.

The session in the second cycle was listening to the Sasando instrument which acted as the sound of music in the ears of the students so that the relaxation process was easier to absorb. Observation of cycle II activities shows that students have extraordinary enthusiasm. In this session, when the teacher reads the descriptive text rhythmically; In accordance with the harmonization of Sasando music, another enthusiastic attitude was shown by the students. Students become more interactive in

responding to teacher responses when explaining vocabulary related to the reading text. Students are also more active in asking words or sentences that are difficult to understand. The discussion atmosphere in this cycle is more interactive than the previous cycle.

The aspects of reading comprehension that were assessed on the worksheet were identifying the main ideas of the descriptive text, understanding vocabulary, identifying detailed reading information. For example, characters in text, location of events, series of events that occurred, etc. In addition, the assessment is aimed at identifying references. What is meant by identification reference is a reference where students must know who has a pronoun in a text, for example him, her, that, them, us, me, you, my father, my grandmother, my mother, my family, etc. Making inference is intended to improve students' understanding of the content of the text because at this stage students are required to make presumptions about various things that will happen. For example, what events will occur after the last paragraph, the author's purpose for creating the text, and what will happen if any of the events are changed.

Every action in learning activities using the Sasando music-based Suggestopedia method has a significant impact on students' reading comprehension skills. The results of the data analysis were the increasing value of 72.22% from the pre-test cycle 1 and the increasing value of 83.81% from cycle 1 to cycle 2. Optimizing students' reading comprehension skills through the application of the Suggestopedia method based on Sasando instrumental music. Answer the research objectives that have been formulated previously.

The effectiveness of using the suggestopedia method in improving the English skills of one of the students in this study was supported by the results of the study conducted by (Suprpto & Kurniawan, 2020) stated that the second cycle of learning data by applying the suggestopedia method, obtained data; 37 students scored above 70 and learning completeness of 92.5%. Then the research conducted by (Kurniawan & Kartini,

2019) which states that student activities show positive changes, are more interested and enthusiastic in learning writing skills using the suggestopedia method.

This method is interesting to apply because it has just emerged in the world of education and the concept of learning is in line with active and fun learning, so that later students feel comfortable and have high learning motivation. The suggestopedia method can eliminate adverse rigid norms, eliminate tense tension, avoid the introduction of limiting norms, influence learning outcomes by presenting comfortable learning, putting background music in the classroom during lessons, increasing individual participation, and using posters to provide big impressions while accentuating information (Kurniawan & Kartini, 2019).

## CONCLUSION

The application of the suggestopedia method based on sasando instrumental music can answer the research objective for mulasi in this study, which is to optimize the reading comprehension skills of grade VA students at SD GMT Ende 4, Ende Regency, 2019/2020 academic year. For this reason, the Sugestopedia learning method based on Sasando musical instruments can be trusted as an alternative method for English teachers in an effort to improve students' English competence

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