

## Implementation of Habits at TKIT Bina Bangsa Islamic School Serang-Banten

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### ABSTRACT

Early childhood habits are important to implement. TKIT Bina Bangsa Islamic School Serang has implemented habits every day at school. This study uses a case study to find out something in depth about the implementation of habits. Habits at TKIT Bina Bangsa Islamic School Serang include: morning journal activities, drinking honey, students heading to polka dots, habits of checking and practicing KGTR cleanliness, eating and drinking manners, Kurusakoki (reduce our school waste) and Wednesday fruits day, brushing teeth, getting used to greetings, excuse me, please and thank you, pointing with a thumb, raising with a palm, high five BBIS as a characteristic, storing bags and drinking bottles, saving coins, bottle cap attendance, when children sit BBIS, folding tables. The implementation of habits at TKIT Bina Bangsa Islamic School Serang has been going well, although sometimes children are still reminded by teachers, the goal is to shape children's character to be better, so that they can grow into capable, independent, and noble individuals

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## **INTRODUCTION**

TKIT Bina Bangsa Islamic School Serang Banten uses learning with the center model, because this model has many advantages and is very effective in the early childhood learning process. Through the center model, all children can recognize and feel nurtured by all teachers. The centers at TKIT Bina Bangsa Islamic School Serang Banten include the worship center, beam center, music center and body exercise center, role play center, art center, preparation center, natural material center, sensory motor center.

Facilities and infrastructure as well as environmental design at school are also very diverse and can support the learning process of children. Center-centered learning is carried out thoroughly from the beginning of the activity to the end and focused by one kindergarten age group in one center of activity. Each center supports children's development in three types of play, namely motor sensory or functional play, role play and constructive play (building children's thinking), as well as supporting early literacy, namely literacy and numeracy.

TKIT Bina Bangsa has a distinctive feature, namely several habits that have been implemented, but the most iconic is the habit of brushing teeth and drinking honey. Every child born into this world has innate potential. This potential is influenced by heredity, some are fixed and some can be developed. Unchangeable potential relates to physical aspects, such as the shape of the eyes, nose and ears. In general, this potential provides a complete picture of the child that can be realized when given stimulation. This stimulation can be done at any time, especially during the Golden Age period when the child is ready. One potential that requires stimulation is aptitude. One way to develop children's potential is through early childhood education.

Early Childhood Education according to Law Number 20 of 2003 concerning the National Education System, has the aim of providing guidance to children from birth to 6 years of age. In developmental psychology, early childhood is defined as the age range of 0 to 8 years. Guidance is carried out through educational stimuli to support the growth and physical and mental development of children, so that they are ready to continue to the next level of education. Selain istilah pendidikan anak usia dini, terdapat pula istilah pengembangan anak usia dini, yaitu upaya yang dilakukan oleh masyarakat atau pemerintah untuk mendukung perkembangan potensi anak secara menyeluruh, mencakup aspek pendidikan, gizi, dan kesehatan.

According to the Ministry of Education and Culture in 2010, students should have 18 main characters, including religiosity, honesty, tolerance, discipline, hard work, creativity, independence, democracy, curiosity, nationalism, love for the country, respect for achievement, friendly communication, peace love, interest in reading, concern for the environment, social care, and responsibility. Character building is not easy because it takes time, habituation of attitudes and behaviors, and a long process. However, with appropriate methods and starting early, positive character can be instilled.

Therefore, consistent habituation is needed so that children can shape their behavior, skills, proficiency, and mindset. Providing habituation to children

instills discipline from an early age and makes it easier for parents or adults when children commit deviations (Ihsani, Kurniah, and Suprapti 2018).

Early childhood habituation is important to implement because early childhood is like a tabularasa that needs to be filled and stimulated properly. Children do not yet have a strong memory, children's focus is very quickly distracted by the things they see and do not know how to maintain cleanliness, and body health, so the method of applying early childhood habituation is also important in addition to formal learning activities.

The application of habituation can be key in instilling the values of discipline and responsibility. In the school environment and learning environment, there can be an agreement between students and teachers about the rules and habits that will be implemented. The implementation of habituation in schools is carried out continuously to instill good habits in students. These good habits can cover various aspects of life, such as attitudes, behaviors, values, and skills. The main purpose of habituation is to shape students' character for the better, so that they can grow into capable, independent, and noble individuals.

In line with (Feblyna & Wirman, 2020) suggests that habituation can instill good behavior in instilling self-discipline in students to carry out activities that are carried out freely without coercion. The habituation carried out in the application of the characters taught is very good for students to get used to teaching not only at school but wherever they are, both at home and in society

## LITERATURE REVIEW

Positive habituation involves recognizing, reinforcing and incorporating useful values into the child's actions. It contributes significantly to the development of a solid character, which enables the child to cultivate strong attitudes, ethics and social skills. A commendable character not only benefits the individual but also fosters individuals who positively impact society. Thus, the demand for educational strategies that emphasize character development alongside academic learning is increasingly important (Amalia and Harfiani, 2024).

Translated with DeepL.com (free version)The habituation approach in education plays an important role. Psychologically, young children tend to imitate the actions or role models among their peers, especially those they admire, such as teachers. Habituation strategies are also important during the learning experience. This is because knowledge and behaviors acquired through this process are usually more easily understood by young children. Utilizing habituation strategies from an early age aims to guide children to behave in accordance with the norms of their social group and religious principles supported by religious teachings. As children grow up, they will learn how to interact appropriately with the Creator, with each other, and with their environment (Rohendi, 2018).

Fostering independence in children is very important to foster a sense of responsibility early on, building habits that encourage appropriate actions, behaviors and thought processes. In early childhood education, it is important for educators to help children develop positive behaviors, including

accountability and independence, because repeated actions gradually develop into automatic behavior patterns (Kadi and Diyah, 2023).

## **METHODOLOGY**

In this research, we used the case study method. Case studies according to Yin (1996) can be a social science strategy. Case studies are one of the strategies commonly used to obtain complex problems and can incorporate quality into something that is already known through past investigations (Dooley, 2005: 335).

Research with this type of case study aims to find out about something in depth. So in this study, researchers will use the case study method to reveal the application of habituation in TKIT Bina Bangsa Islamic School Serang Banten.

## **RESULTS AND DISCUSSION**

In TKIT Bina Bangsa Islamic School Serang Banten, has implemented habits that children do while at school to train children to be disciplined in every activity that will be carried out according to school regulations, these habits include:

The morning journal activity at TKIT Bina Bangsa Islamic School Serang Banten is an activity carried out after the first bell rings and the initial activity of students in carrying out learning, in the process of teaching and learning activities, students are accustomed to opening and folding their own tables, at the beginning and end of the activity, and students are accustomed to sitting BBIS during the learning process. The morning journal activity begins with students filling in coin savings and "my calendar" attendance. "My calendar" is applied to children aged 5-6 years by compiling the names of the months using bottle caps, students are given the opportunity to draw or choose safety activities, the teacher gives HOTS questions related to drawing ideas or safety activities, students take turns reading Iqro' and initial literacy, then the second bell rings for circle time murojaah (opened with istighfar, asmaul husna, bertasbih, QS Al-Fatihah and its meaning, memorizing selected letters, daily prayers, salawat prophet SAW. From the application of the morning journal habit, children become more disciplined in carrying out morning journal activities with the rules that have been made, although some children have not followed the morning journal rules, but the teacher always reminds children to follow the morning journal rules.

Drinking honey for early childhood has many benefits for children. Honey supports the immune system and helps treat coughs or colds naturally. The antibacterial and anti-inflammatory properties of honey are beneficial for fighting minor infections and supporting children's digestive health (Albata 2024). After drinking honey, children wash their spoons, the honey drinking activity is carried out at 08.50 after carrying out morning journal activities, each child is required to drink honey and wash their spoons after drinking honey, so that children understand the cleanliness of items according to use. The benefits of the habit of drinking honey for children support growth, children will continue to experience growth. Therefore, they need adequate nutrition to support their growth. By implementing the habit of drinking honey, children practice to maintain their immunity by maintaining health by drinking honey. From the

application of the habit of drinking honey, students become more disciplined to maintain a healthy body by getting used to drinking honey, without being reminded again by the teacher, students are used to doing these activities regularly every day. Thus, students understand the importance of maintaining body immunity by drinking honey.

Students go to polkadot for center division and toilet training, these activities are carried out at 09.00 - 09.30. Activities carried out at polkadot are: ceremonies on Monday, gymnastics on Friday and on other days, students usually do ice breaking activities, before the core activities are carried out, starting with reading the pledge first (basmallah, shahada, loyalty pledge, prayer for learning), reading morning prayers, selected prayers and hadiths, and reading prayers entering and leaving the toilet before students do toilet training. After that, the teacher divides each student according to their class and center schedule. From the application of student habituation in the polka dot, students are trained to prepare themselves before playing in the center to be implemented, accustomed to practicing gross motor skills with ice breaking and gymnastics, knowing Monday's ceremonial activities, knowing the recitation of the pledge, and memorizing selected prayers and hadiths. And when doing toilet training, students are also accustomed to reciting prayers entering and leaving the toilet, opening socks, wearing sandals to the bathroom and recognizing these activities with the words BAK and BAB.

Habituation of inspection and practice of KGTR hygiene is the habituation and practice of hygiene of nails, teeth, ears and hair, this habituation is carried out by the teacher once a week by routinely checking each child, children are familiarized/reminded to clean their nails, teeth, ears and hair. By cutting nails before long nails, brushing teeth after eating and before going to bed, cleaning ears before they get dirty, shampooing, and especially for boys cutting hair before it gets long. Even though parents still help with things like cutting nails, cleaning ears and shampooing, children continue to be taught to do these habits themselves. Especially for the habituation of brushing teeth, it has been accustomed every day at school after meals to get children used to doing this, both at home and at school. From the application of the KGTR hygiene check and practice, children learn discipline to keep their body parts (nails, ears, teeth and hair) clean, and children are given the benefits of maintaining this cleanliness for health so that children are motivated to routinely carry out these habits, even though they are still reminded by teachers and parents.

Adab eating and drinking, this habituation is carried out to train students to understand and implement adab eating and drinking properly, adab eating and drinking include: washing hands before eating, chanting prayers before eating and drinking and their meanings, sitting cross-legged when eating and drinking (bag behind the body), holding a spoon with the right hand, and eating and drinking moderately not excessively. From the application of the habituation of eating and drinking manners, children become accustomed to doing this well and understand that eating and drinking is important to apply to maintain health, and maintain politeness, as well as including the sunnah of the apostle which is recommended.

Kurasakoki (reduce our school waste) and Wednesday fruitsday, this habituation is carried out to familiarize children not to litter and dispose of it in the trash can and remind parents not to bring children's lunch such as a range of snacks with the package, but the food is already stored in the lunch box. And for Wednesday fruitsday this is done to get children used to bringing fruit lunch on Wednesday. From the application of the habituation of kurasakoki and Wednesday fruitsday, children are accustomed to throwing garbage in its place, although some children are still reminded, and parents have also made it a habit to bring children's lunch not with the package, but already placed in the place of eating. And for the habituation of Wednesday fruits day has also begun to be implemented well, children routinely bring fruit lunches on Wednesdays and teachers convey the benefits of eating fruit for children's health, so that children understand the benefits of eating fruit.

Brushing teeth, this habit includes familiarizing health for children. According to WHO, it is important to maintain teeth by brushing teeth, this is done to prevent caries in children's teeth, dental care since childhood is very important because if a child's teeth are carious and exposed to nerves, it is very dangerous (Arumsari 2017). Toothbrushing activities are carried out after eating and drinking manners together with toothpaste given by the teacher's mother in accordance with the recommendations of dentists and WHO, which is the size of a pea (quote the order). the purpose of brushing teeth is that children are accustomed to taking care of one of their body functions, recognizing that caring for and maintaining cleanliness is important for themselves.

Getting used to the words greetings, excuse me, please and thank you to the teacher, friends, and people in their environment. A simple word but has a broad meaning as a means of communication of course, showing words of respect, politeness, and empathy. These simple words need to be familiarized since childhood because they are related to norms and ethics so as to build a child with character.

Pointing with thumbs is a context in polite behavior, the use of thumbs shows a friendly, polite impression and does not offend others. Therefore, the habituation of showing something with a thumb is a habit that needs to be repeated every day to build a polite, friendly child's character that characterizes Indonesian citizens who are known to be friendly and polite.

Pointing with the palm of the hand, by pointing using the palm of the hand, children learn body gestures that show politeness, respect for their friends.

Tos BBIS as a characteristic of TKIT Bina Bangsa Islamic School with its steps, namely thumbs meeting the thumbs of the teacher's mother, then fists and high-fives like punching and the last step with five-finger high-fives, from this BBIS high-five is done with little energy with the aim of connecting the nerves in the child's hand.



Figure 1. Honey Pool and Toothbrush



Figure 2. Children Drinking Honey



Figure 3. Children Brushing Their Teeth

## CONCLUSIONS AND RECOMMENDATIONS

The habituation section implemented at TKIT Bina Bangsa Islamic School Serang Banten has been running consistently and effectively in shaping the character of early childhood. The habituation program which includes morning journal activities, drinking honey, body hygiene practices (KGTR), eating and drinking manners, as well as unique activities such as Kurasakoki and Wednesday Fruits Day, all aim to build student discipline, independence and responsibility. Children are gradually guided to understand the importance of maintaining health, hygiene, and applying ethical values and manners in everyday life.

The implementation of this habit also helps children recognize and practice positive behaviors, such as keeping their teeth and body clean, speaking politely, and following the established rules. Although some children still need reminders from the teacher, most students have shown improvement in discipline and independence. These habits become a strong foundation for the formation of children's characters who are independent, noble, and highly competitive.

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