Strategy for Overcoming Forgetful Children

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Abstract
The phenomenon of forgetting can occur in early childhood. The purpose of writing this article is to provide strategies and tips that can be done by parents and teachers who have forgetful children. This article used a literature review method that provides a variety of explanations thoroughly about the topic 'forgetfulness'. This literature study produces tips and ways for parents and teachers to overcome forgetful children. The ways that can be done to strive for children to improve their memory is to give questions to stimulate their memory, make a daily schedule, praise when children do not forget, do discipline programs, buy toys that can train memory and reading programs. It is hoped that slowly the child's memory will return to normal. Through this study produced more specific tips and ways as a reference for parents and teachers. Every parent must monitor the development of their children, if the child experiences abnormal forgetfulness then parents must be vigilant and consult with a doctor or psychologist.

Keyword: child; strategy; forgetfulness.
INTRODUCTION

Presently, the disease of "forget" is not only be experienced by parents whose memory has decreased or is usually called senile, but also those who are relatively young. Stress, poor quality and lack of sleep, shortage of food intake and trauma are some of the reasons a person becomes forgetfulness. Forgetting may be a case that is often experienced by most people in the world. Ranging from children, adolescents, adults, until old age also did not escape the word "forget". Forgetting is considered as a form of inability to recognize and remember things that have previously been experienced or learned (Prabaningrum, 2013).

Forgetfulness people are always related with old age, even though many young people are also easy to forget, not even entering the age of 30 years. Every person's memory is dissimilar, some are so easy to remember everything, but some are very forgetful, others are sharp in their memories but can easily forget (Hasan, 2012).

A study published in the United States shows that actually forgetting is a form of intelligence (Susanto, 2017). This shows that the brain only focuses on essential things. The study revealed that if you often forget small things means the brain is in a normal and healthy state. Someone is often considered unwise if that person has a bad memory or can be said to be easy to forget something (Martinis, 2013). However, it seems that assumption is shortly lost with the findings found in a study that says that someone who has bad memory can make that person much smarter (Muslich, 2011).

Researchers prove that forgetfulness is a sign of intelligence. Forgetful evidence is a sign of intelligence is the result of a research conducted by experts from the University of Toronto, Canada. According to the results of the study said, if these findings produce interesting facts in the brain of forgetfulness people. They say that people who have the habit of forgetting small things, there is a room in his brain. This space is automatically only used to store important information makes the brain always feel fresh, and quickly understand the information he gets (Silahudin, 2017).

When the process of remembering, children need a strong memory. This can be acquired through experience and information attained by children from the past (Desmita, 2014). In essence the memory is very directly related to the child through know-how, what has been seen and what is happening around them. Train your child's memory should be completed from an early age through exciting activities so that child has a strong memory (Istiqomah, 2004).

Children usually have a weaker memory than adults. Therefore, children's memories must be improved by guiding them. Parents and those around them also have an important role in strengthening children's memory (Sudaryanti, 2012). There are several things that need to be known and done by parents in strengthening children's memory; among others parents must pay attention to the child's nutritional consumption, because nutritional consumption is important to develop children's memory. If the child does not get a good and balanced nutrition, it can affect the child's memory (Koesoema, 2010).

Definition of forgetfulness

Forgetting is a condition where information that has been stored in long-term brain memory is lost. Forgetting is a term that is very popular in the community. Day by day, there are certain people who forget something, whether it's about an event or an event in the past or something that will be done. This phenomenon can emerge to anyone, no matter whether that person is a child, teenager, parent, teacher, official, professor, and farmer and so on (Rustini, 2012).

Gulo (1982) and Reber (1988) define forgetfulness as the incapability to recognize or remember something that has been experienced or learned, thus forgetting is not an event of the loss of information and knowledge items from our intelligence. Forgetting is events that cannot produce our responses, while our memories are in healthy state (Sudarna, 2014).
Theory of forgets
Based on the opinion of psychologists who examine the process of forgetting, various types of forgetting are obtained in humans (Fatimah, 2016). Generally speaking, forgets can be divided into 3 types, namely: Forget in a reasonable sense, forget in the sense of accident/disease and others, and forget caused by aged.

According to Fadillah (2014) forgets is an indication in which information that has been stored cannot be set up for use, there are five kinds of theories about forgetting namely: Decay Theory, this theory assumes that memory will wear out over time if not being repeated or rehearse. Or simply we will forget if we do not remember or repeat something.

Interference theory, forget can be caused by the following things: Memory buildup and interference or mixing among information. Affected or mixed information can be divided into two namely retroactive interference, new information makes it hard for us to recall previous information and proactive interference, where information has been stored in long-term memory makes it difficult to enter new information.

Retrieval failure, this theory assumes that forgetting or failure to remember is due to insufficient instructions. Motivated forgetting, according to this theory, unpleasant things tend to be forgotten by person. Physiological disorders, in addition to the four theories above, physiological disorders can also cause a person to forget, for example in people affected by amnesia, which forgetfulness can occur due to interfering with the engram (physical changes in the brain caused by biochemical factors of the brain).

Factors that cause children to forget
Based on the opinion of neurologists and medical experts, there are several grounds for individuals to experience a state of forgetfulness (Helmawati, 2015). Here are some shared grounds for children to forget, namely: 1) Fatigue and lack of sleep, 2) malnutrition, especially vitamin B12, which can be obtained from dairy products, fish and meat, 3) stress, for example because too much assignments or the demands of parents that make children finally feel burdened, 4) taking certain medications that can trigger memory problems, such as metformin (a drug for diabetics) or cholesterol-lowering drugs, and 5) certain health problems such as ADHD, brain tumors, and commotion in the brain.

The characteristics of forgetful children
The characteristics of forgetfulness in humans can be separated into 2 states (Fathurrohman, 2013). The first situation is a normal forgetfulness characteristic while the second is an abnormal forgetfulness. Following is an explanation of each of the features of the forgotten category.

Characteristics of normal forgetfulness. Quoted from Harvard Health, some of the characteristics below are normal forget reactions and don't need to take it seriously, namely: a) Forgetting events from time to time (transients). At this phase the child will usually forget events and events that have happened before. In addition, this is also noticeable by children who easily forget the information they have learned. Indeed, human memory is basically divided into two categories, namely information that is often used so that it is impossible to forget and information that needs to be recalled because it does not often emerge in the mind. Scientists say at this stage, forgetting about things that are not routine or unusual are still within normal limits. b) Forgotten because unfocused (absent-mindedness). This type of forgetting occurs when children don't pay attention or focus on what has done before. For example when a child forgets where he put his colored pencil. This could be because the child is not focused when putting the color pencil, for example because he is thinking about something else. As a result, when the brain tries to recall where the colored pencils are located, the child's storage memory cannot provide the information needed. c) Forgetting because of memory blocking. For example the child remembers an important message from
his teacher this afternoon, but the child forgets what the message was. Short-term inability to recall memories is common in both children and adults. This is still common, as long as the child is told again about the teacher's message such as carrying a ceremonial hat, the child remembers it. d) Misinformation about detailed information (misattribution). This stage occurs when the child actually remembers an event accurately. However, when brought up there are some false details such as the time, place, and people involved. In addition, it also occurs when the child feels that the mind he has is really experienced when in fact it comes from his imagination. This is different from lying, because the child completely forgets that what he said just now did not really happen, but only the product of his imagination.

The characteristics of abnormal forgetfulness. Unlike normal forgetting, this type of forgetting is usually more complicated, accompanied by other unusual behaviors, such as: a) Long pause when remembering events or choosing words. b) Repeating the same conversation over and over again. c) There is a change in mood and personality. d) Cannot focus on completing the given task. e) Do not pay attention when other people talk to him so they cannot repeat orders or even do them. f) Having difficulty recording the assignments given at school.

METHODS

Literature study or known as literature review is a description of the theory, findings, and other research materials that are used as a base for research activities in preparing the framework of the problem formulation. The contents of the review literature include summaries, reviews, and writer's thoughts derived from library sources such as slides, articles, information from the internet (Sugiyono, 2013).

In general, literature originates from books or scientific journals, so reliable is used as a source of reference. Literature is reading or basic material that can be used as a reference in writing scientific papers. Literature is not simply in the form of writing, it can also be in the form of non-books such as recordings, LPs, laser desks, films, tapes, etc. that can provide information (Sugiyono, 2015).

In this literature study research used primary and secondary sources on the topic of 'forgetfulness' problems in early childhood. The author sought to provide an understanding of the importance of this topic being able to negatively affect early childhood development. In addition, researchers were also trying to provide opinions and suggestions for teachers and parents in educating forgetful children to become better personalities at school and at home.

RESULTS AND DISCUSSION

Here are some ways to overcome child forgetfulness in psychology (Marliani, 2014). Teach child to be independent. Don't make your child too dependent on others, especially if he is already in school. Train the child to be independent by teaching him to store his own personal objects, such as shoes on its rack, storing bags on the study table, hats hung by hats, and toys in the toys. If the child independently puts his needs in his place, he will easily remember where to take the objects he needs.

Provide questions to stimulate his memory. One day the child could forget the daily routine. The more often it prompts him; it makes children accustomed to being reminded and not to be independent in remembering things. So that children learn to remember, give certain questions to stimulate their memories. For example: "at this hour, what do you usually do?".

Making daily schedule. Direct child to make a daily schedule involves his routine every day. In the daily schedule, the type of activity and time can be included. Make it easier to read, tables can be made and written in the order that children do from morning to night. For example, the schedule written is waking up, praying time, showering in the morning, eating breakfast, going to school, going home from school, changing clothes, eating lunch,
playing, taking a nap, studying, taking an afternoon bath, reciting, watching TV, studying and
going to bed at night. The daily schedule is made to help children remember the activities that
must be completed at the whole day.

Give them a compliment when they are not in forgetfulness mode. When children no
longer forget where they put their things or answer the contents of the book they are reading,
don't forget to compliment them. This praise will encourage children not to become forgetful.

If the child tends to forget something, it could be due to lack of B vitamins, so the
child's memory is not as good as if he gets enough nutrition. Therefore, ensure to provide the
good fruits and vegetables for children to enrich vitamins, especially the type of vitamin B
complex which is good for improving children's memory and thinking.

Forgetfulness can also be deal with helping children to put more attention and
concentration. If the child is trained to focus then the child can try to remember well. Train
them to focus while studying in school will assist them to absorb and remember knowledge optimally. So that children's memories become better at understanding new lessons or things around them.

Teaching disciplines will help children to fight forgetfulness. So that children are accustomed to obey the command and try to do the instructions optimally. For example, if a teacher asks a child to memorize something, the child will automatically try to be disciplined and it will improve his memory.

Buy toys that can train his memory. Puzzle game is great for improving children's
memory. This game is suitable for children aged before five. Give children the opportunity to arrange the puzzle into the right shape.

Reading books is one of the best ways to improve children's memory. You can get your child used to reading his favorite story books. After reading, do not miss the opportunity to ask the contents of the story they read.

Wibowo (2014) said here's how to deal with forgetful children with a simple and can be done without doctor or expert assistance. In research conducted by Dr. Ruth Proper, where participants were given a rubber ball and asked to squeeze it as hard as possible before remembering 72 words. As a result within 20 minutes, he managed to collect a lot of words to remember. Not only that, clamping your hands together like your right and left hands will be much better and improve your memory.

Playing games and doing sports. Number of game that aim to improve memory and hone the ability of the brain to think, such as guessing pictures, random images and so forth.

Consuming of food containing Omega 3. In a study at the University of Pittsburg, found that consuming omega 3 is good for improving memory. Foods that contain omega 3 such as salmon, tuna, shellfish, cabbage, pumpkin seeds and walnuts can help to hone memory.

CONCLUSION

Forget is a condition where information that has been stored in long-term brain
memory is lost. Forget is a term that is common use in the community. People tend to forget something, whether it's about an event or an event in the past or something that will be done, maybe something that has just been done. This phenomenon can occur to anyone, including children. Forgetful children will make achievement in school decline, it is difficult to memorize the lessons they have received, often called as unwise children, and make children less confident in their school environment.

Forgetfulness children have two characteristics, namely normal and the abnormal. Learn and recognize what can trigger a child to become forgetful, while the factors that make a child forgetful are fatigue, malnutrition, stress, taking certain drugs and health problems.

There are ways that teachers and parents can try to improve their memory, which is to teach children to be independent, ask questions to stimulate their memory, make a daily schedule, praise when children are not forgetful, vitamin B, concentration, discipline, buy
toys that can train memory and reading. With so slowly the child's memory will return to normal.

Every parent must recognize the character of each child and monitor their growth and development; if the child experiences normal forgetfulness the parents can cope by themselves, if the child experiences abnormal forgetfulness then parents should be alert and consult with a doctor or psychologist.

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REFERENCE


