

The Implementation of Holistic Integrative Program In Early Childhood Education In East Java

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Abstract. This study aims to obtain information about the implementation of Holistic Integrative Program developed in Early Childhood Education. This program is more meaningful if the environment around the children can be used as the basis for development. This study used a descriptive qualitative approach. This research involved educators in Early Childhood Education in East Java Province. The data were analyzed using descriptive analysis. The objectives of this study were as follows: (1) to describe the services of holistic integrative program in early childhood education, (2) to describe the understanding and process of holistic integrative services, (3) to describe Holistic Integrative Program in Early Childhood Education. Therefore, it can be concluded that: (1) The children have the right to avoid disease and get the adequate nutrition to explore and develop their brainpower maximally; (2) Food can be used as a medium to educate children to be able to receive, like choosing good food and determining the amount of adequate and qualified food; (3) Human rights are the basic rights carried from birth which are universally applicable to all humans.

1. Introduction

Presidential Regulation no. 60 in 2013 on Holistic Integrative Early Childhood Development explains that Holistic Integrative Early Childhood Development is an effort to develop early childhood to meet the essential needs for many children simultaneously, systematically and integratively[7]. The services of Holistic stimulants including education, health, nutrition, care, protection, and welfare services are aimed to become policy of early childhood development by involving relevant parties such as government agencies, social organizations, professional organizations, community leaders, and parents.

Children can grow and develop optimally through good environment that is able to stimulate their development. Educational institutions as an environment that can provide the needs of children are expected to provide learning experiences in accordance with daily experiences while developing aspects of cognitive, social, emotional, and physical development.[1]

In accordance with the opinion of Hasan (2009: 15), mentions that early childhood education focuses on implanting the foundation towards the growth of physical and intellectual development, power of thought, creativity, emotion, spiritual, language/communication, and social. All learning experiences gained by children in the learning process are part of the curriculum[2]. In the curriculum of ECE developed using holistic integrative principles provided by educators is aimed to develop all aspects of children's development and integrated into their daily life. The holistic principles in curriculum development mean that every aspect of the development owned by children influences one another and cannot be separated. This principle requires that educators in carrying out the learning process always emphasize to all aspects of children development (Konstelnik, Soderman, & Whiren, 1999: 2)[4]. While integrative principles are interpreted as integrating or combining abilities (skills),

themes (themes), concepts (concepts), and topics (topics) that can be seen from various scientific disciplines (Fogarty, 1991: 75).[5],[6]

Combining 6 developmental aspects of children's abilities is not an easy thing because it must be combined with themes, concepts and topics. The educators' creativity and innovative abilities are needed in developing the holistic integrative curriculum[3].

The early childhood education has a very strategic role to meet children's needs through cooperation through interrelated sectors. The quality of human resources has become the main indicator in measuring and describing the progress of nation. Every country has placed the development of human resources as the main issues, programs and development strategies, including Indonesia. Many studies related to early childhood show that preparing a good human resources must begin at an early age, even conception in the womb. Developing the children's needs through a holistic integrative method determines the quality of health, intelligence, and social maturity in the next stage. Involving relevant parties both government agencies, social organizations, professional organizations, community leaders, and parents to make policy of early childhood development is also necessary. The development of holistic integrative program is planned and applied systematically in Early Childhood Education (kindergarten / playground / day-care/ similar unit) to optimize children's potential and development optimally so that they will become qualified and competitive children in the future. The experts recommend the needs to develop holistic and integrative early childhood program. "Presidential Regulation No. 60 (2013) mandates that the development of early childhood should be carried out in an integrated holistic manner. In fact, UNESCO recommends that 75 percent of Indonesian children must obtain the rights to obtain early education holistically[13].

The quality of human resources (HR) is crucial aspect to be developed in terms of health and education. In the first thousand days of the child and the golden phase, or called the golden age and requires maximum health and education services. Because the efforts to build a nation will really need individuals who are physically, mentally, smartly health and noble in character and highly competitive.

The writers make a study entitled "The Implementation of Holistic Integrative Program in early childhood education in East Java".

2. Method

This study used descriptive qualitative approach to describe in the progressing, latest, evenpast news about holistic integrative program.

This method was aimed to describe, explain and validate the phenomena of holistic integrative social program for early childhood education. The objects of the study were Islamic excellent Kindergarten - Buduran; Aurora playgroup Buduran Sidoarjo Regency East Java (2) Darma Wanita Persatuan kindergarten 1 subdistrict of sepulu; Fathima Jaddih kindergarten Socah Bangkalan, East Java; 3. Mawar Kindergarten Wonosalam; Sang Surya playgroup Gedeg, Jombang Regency, East Java.

3. Result and Discussion

The scope of holistic stimulation service:

Educational Services

Early Childhood Education (ECE) is an education level that aims to prepare children- aged 0 - 6 years physically, mentally, socially and emotionally in entering the next level of education. This period is often called the golden age and critical period in the stages of human life because it determines their further development[8]. Thus, it is very strategic to lay the basis for the development of all aspects of children's development including cognitive, physical, language, social emotional, self-concept, art, moral, and religious values. Development of early childhood aims to make children grow and develop optimally.

The efforts to grow and develop children optimally is to provide environmental services. Educational institutions is the environment that can provide the needs of children through everyday learning experiences and develop the aspects of cognitive, social, emotional, and physical

development. In accordance with the opinion of Hasan (2009: 15), the implementation of Early Childhood Education focuses on implanting foundation towards physical growth and development and intelligence, power of thought, creativity, emotion, spiritual, language / communication and social. All learning experiences obtained by children are part of the curriculum. The ECE curriculum is developed using holistic integrative principles, namely learning experiences provided by educators to develop all aspects of children and integrated with daily life. Below is a table of holistic integrative programs.



Figure 1. Holistic Attractive Program

Table1. Five Holistic Integrative Programs

Program	Activities	Notes		Description
		Implemented	Not Implemented	
1. Health program	Brushing teeth			
	Washing hands			
	Throwing garbage in the rubbish bin			
	Providing Supplementary food			
2. Nutrition program	The Knowledge of nutritious food			
	Balance			
3. Educational Stimulation	Diversification			
	Knowledge of drinks			
	Praying before and after the activity			
	Tolerance			
	Telling stories			
	Singing			
4. Care	Swimming			
	Outbound, etc.			
	Toilettraining, dll			
	Providing the safe educational tool			
5. Protection	Communication that comforts children			
	Recognizing the discomfort of children			
	Building safe behavior for children, etc.			

The holistic principle in the development of educational services means that every aspect of development owned by children influences one another and cannot stand alone. This principle requires educators carrying out the learning process that always emphasize those developmental aspects (Konstelnik, Soderman, & Whiren,1999:2)[9]. While integrative aspect is meant as integrating or combining ability (skill), theme (theme), concept (concept), and topic (topic) that can be seen from various disciplines (Fogarty, 1991: 75). The children’s abilities consisting of 6 developmental aspects that must be combined with themes, concepts and topics. The creative and innovative abilities are needed by educator to develop educational services through curriculum with holistic integrative principles.

Table 2. Holistic Integrative Learning Program in Early Childhood Education

Activities	Notes	
	week	month
1. Child health history		
2. Child immunization history		
3. Early detection of child development		
4. Special attention to Children’s need		
5. Time to visit		

Health

The definition of health according to Law No.9 of 1980 on Health Principles is a healthy body in spiritual and social condition not only limited to diseases, disabilities, and weaknesses. Spiritual or mental health is a condition that allows physical, intellectual and emotional development optimally[8].

The objective is to achieve the students’ healthy condition and their environment so that they can provide opportunities for learning and to grow in harmony, efficiently and optimally by: 1). Enhancing health value, 2). Preventing and eradicating disease, 3). Improving and restoring health. The healthy children will experience normal growth and development, according to children’s physical growth standards in general and ability to develop according to the standards of their age. In addition, healthy children look happy, willing to play, run, shout, jump, climb, and not just do nothing[10].

Janice J. Beauty in her book entitled Skills for Preschool Teachers describes how to manage healthy classes as one of the skills that Early Childhood educators must have. In addition to maintaining environmental health, a healthy class is also related to maintaining health and meeting the nutritional needs of children. Health and nutrition are very important aspects in children's growth and development.

In a study conducted by Ernesto Pollitt et al (1993, p. 23) states that the provision of healthy food and protein will affect subsequent cognitive development. In addition, what children eat also influences growth rhythm, body size and resistance to disease (Brom et al, 2005 in Santrock, 2007).[15]

According to Santrock (2007: 157) in general health problems often experienced by children are malnourished, eating patterns, lack of exercise and abuse. As stated in the study of Pollitt et al, that nutrition greatly affects children's cognitive development. The diet is very closely related to this. The fast food such as hot dogs, pizza, hamburgers, etc., become obstacles that complicate the fulfillment of healthy nutritional needs. It takes high creativity for educators and parents to package healthy food that appeals to children like fast food.[16]

Children's Nutrition,

The children's potential can be developed if they are physically and mentally healthy. Health care in early childhood can be started from providing healthy food and maintaining cleanliness. Providing

healthy food can maintain health, educate children to instill healthy living habits. Food given to children must be in accordance with the nutritional needs and needs of children. Children who are allergic to certain foods need replacement food to meet their nutrition. The development of children's potential can be done through sufficient stimulation. Early stimulation needs to be done since the baby is born, even in the womb. Stimulation is carried out every day on all sensory systems, rough and smooth motion, invites communication, and stimulates pleasant feelings and their mind. The stimulation should be done continuously when interacting with babies or toddlers and carried out in a pleasant and loving atmosphere.

To determine the right food, parents need to know their child's condition. A kindergarten / early childhood age is a period of very rapid growth and development. Here, the process of physical, emotional, and social change of children takes place quickly. This process is influenced by various factors from the children themselves and environment. The nutrition children receive through daily food consumption plays a big role in their life. They can also experience nutritional deficiencies that result in various physical and mental aspects. The diet of certain groups of people also becomes the diet of children. When preparing dishes for children, it is important to consider the nutritional needs for healthy living and growth. Adequate nutrient affects the health and intelligence of children.

Children Care

Children are not born to know how to keep themselves clean, that it is very important for parents, educators, or people to teach them to care for their bodies through playing. It is a duty for parents to shape and strengthen their children from an early age so that healthy living habits become a part of themselves. This personal care can be taught by parents and educators through fun activities. For example, with games, crafts, and songs, at home or in the school environment.[18]

Brushing teeth,

Making a test egg, where the eggs are soaked in vinegar until the skin is soft and yellow. The children can poke an apple into a hole and leave it for a while until the skin and apple flesh turn brown. This is to tell them that their teeth will also experience the same thing if not diligently cleaned as well as to teach them how to brush their teeth properly and when they do. Therefore, brushing your teeth can be a fun habit for children.[19]

Washing hands,

Washing hands is one element of cleanliness that should not be missed by children. Playing the game by applying glitter to the children's hands. Then, ask them to wash their hands and check the entire surface of hand if there is or not the glitter. This game will help children visualize dirty areas and focus on cleaning every part of their hands. When children wash their hands, explain that washing hands is very important, especially before and after eating, after using the toilet (defecating and urinating), closing the mouth when coughing or sneezing, or holding something dirty.

Combing hair

Ask the children to draw their faces on paper and give them threads to add hair to their faces. While waiting for the glue to dry, discuss with them what will happen if they don't take care of their hair. Teach children how to use a comb and comb their hair gently so that the hair is not attracted or injured. Give them a gentle comb to practice. Make sure they have their own comb and explain why they shouldn't share the comb with other friends.

Cleanliness for Older Children

Adjust your children's body hygiene problems with their age. If your children are teenager, don't forget to teach them the following things. Namely, that they use deodorant when going out, wash their faces every morning and before going to sleep, and keep their feet dry. Usually, before adolescence, their bodies get hormonal changes. This hormonal change causes a number of things to change. For example, the body becomes easier to smell or facial acne or oily face.

ChildCare

According to Elizabeth B. Hurlock, parenting is a way for parents to educate children. Meanwhile, according to Chabib Thoha, parenting means the way parents do in educating their children as a form of responsibility to children. According to Kohn, parenting is how to

educate parents towards children, both directly and indirectly[6]. The concept and parenting in the family is very necessary for a better future, if parenting since childhood has been wrong then the children's future is not organized well. So, parents need to know the various concepts and parenting in early childhood. The concept of childcare is RPM3 which stands for (Responding, Preventing, Monitoring, Mentoring, and Modeling). The five concepts have the following meanings:

1. Responding is an activity to respond children in the proper way. Children really need an appropriate and correct response to what they ask or know, so parents must respond to their children.
2. Preventing is an activity to avoid children from behaving in risky manner. Parents also need to prevent children and supervise them not to behave negatively or will risk themselves.
3. Monitoring is watching how children interact with their surrounding environment or how they give full attention to this. The parent need to supervise their children's negative behaviour which is not appropriate to the environment that will affect them behave negatively on parents and their families.
4. Mentoring is to help children's behaviour actively. Helping children not to behave negatively by giving good and right education to them and behave properly or politely.
5. Modelling is giving the positive example to children. Parents give a model for their children. Thus, parents are required to set a good example for their children.

Protection and welfare

Children who are getting problem on welfare are difficult to grow and develop properly. Thus, they need more attention, service, protection and guidance to be able to carry out their life's tasks in accordance with the community's expectation. The children protection is an effort to improve children's welfare[20]. fulfilling children's rights is a key to improve their welfare. Under the United Nations Convention on Rights of the Child in 1989, there are 10 rights obtained by children, including: the right to play, the right to get education, the right to get protection, the right to get a name (identity), the right to obtain national status, the right to obtain food, the right to access to health, the right to recreation, the right to equality and the right to have a role in development.

Human Rights itself is a basic right carried from birth which is universally applicable to all humans. What is meant by human rights in accordance with Indonesia republic Law No. 39 of 1999 article 1 namely "Human Rights is a set of rights inherent in the nature and existence of human beings as creatures of God Almighty and is a gift that must be respected, upheld and protected by the state, law, government, and everyone for the sake of honor and protection of human dignity and dignity. " as birth of the Child Protection Act, it is expected that Indonesian children can enjoy their rights as children[4]. Moreover, they can even grow into a qualified generation and become the backbone of the nation that will carry out development. The solution to human rights violations can also be through the National Commission on Child Protection. The task of The National Commission for Child Protection are:

- Disseminating all laws and regulations relating to child protection.
- Collecting data and information, receiving public complaints, conducting reviews, monitoring, evaluating and supervising the implementation of child protection.
- Providing reports, suggestions, input, and considerations to the President about child protection. For example, providing input to the President/government of the Indonesian Child Protection Commission, asking the government to immediately enact a law prohibiting smoking for children or at least including the article prohibiting smoking for children.
- Other solutions like providing guidance, development and child protection need a good role for the community both through institutions concerning on children protection, religious institutions, non-governmental organizations, social organizations, social organizations, the business world, mass media, or educational institutions.

Table 3. Holistic Integrative Program
Kindergarten/playgroup.....
year.....

PROGRAM	Activity	Time	Institution	cost
1. Child growth	Examination by Public health center	February 7, 2020	Examination by Public health center	Activity Money in one year
2. Cooking class	Cook together	February 21, 2020	Educator	Student Guardians
3. Visit to Lebo	Field trip	March 14, 2020	Taskforce	Activity Money in one year
4. Animal husbandry, various kinds of plants	Field trip	March 28, 2020	Rescue team	Activity Money in one year
5. Visit to National Search and Rescue Agency	Field trip	April 4, 2020	Educator	Activity Money in one year
6. Recreation to the Surabaya zoo	Joint care	April 13, 2020	Educator	Activity Money in one year

4. Conclusions

First, the development of holistic integrative Early childhood education aims to fulfill the 5 pillars of children's rights. Starting from the right of children to avoid disease, as well as the right of adequate nutrition to be able to explore and develop their brainpower to the maximum. In addition, children also need to be stimulated as early as possible, get good care, and the right to get protection from physical and psychological violence. These five pillars are called the development of holistic integrative early childhood education.[7]

Second, emphasizing the importance of knowledge about child nutrition for mothers before pregnancy so that the mother's body is in an optimal state during pregnancy. Thus, the fetus will grow and develop well too. The parameters of growth and development range from weight gain and body length to the development of the brain and other organs, such as the heart, liver, and kidneys of children. In addition, in this golden age, children's immune cells also grow rapidly, which is the basis for their immune status in the future.

Third, eating can be used as a medium to educate children to be able to receive such as to choose good food and to determine the amount of adequate and qualified food. Understanding the eating patterns according to Lie Goan Hong in Sri Karjati (1985) is kind of information that gives a picture of the variety and amount of food eaten every day by a person and as characteristic for particular group of people who are influenced by several things including habits, pleasure, culture, religion, economic level, and the natural environment. Food functions in addition to strength / growth, fulfill hunger, and tastes, can also be used as a symbol of prosperity, power, peace and friendship.

Some regions in Indonesia have different types of staple foods, including rice and corn in daily food found in central to eastern Java, Sulawesi, Bali and Nusa Tenggara. Sago is the main food of the population in central and western Indonesia. Tuber types are found in all parts of Indonesia with a fairly high amount. The role of wheat flour (flour) as the main food is not as big as the types of cereals and tubers. According to Hertog and Van Stavensen in Khumaidi (1994) the social function of food contains six elements, namely fulfilling its pleasures, food as a cultural meaning, food as a religious and magical function, food as a function of communication, food as a function of stating economic status, and food as a function of power [21].

Koentjaraningrat (1984) states that the eating habits of individuals, families, and society are influenced by (1) behavioral factors, (2) social environmental factors, (3) economic environmental factors, (4) ecological environmental factors, (5) food availability factors, and (6) technological development factors. The causes of difficulty in eating children, according to Palmer and Horn stated by Samsudin (1985), includes neuro-motor abnormalities, congenital abnormalities, dental disorders, acute and chronic infectious diseases, nutrient deficiencies, and psychological.

Fourth, Human Rights are basic rights brought from birth which are universally applicable to all humans. What is meant by human rights in accordance with Indonesian regulation No. 39 of 1999 article 1 namely "Human Rights is a set of rights inherent in the nature and existence of human beings as creatures of God Almighty and is a gift that must be respected, upheld and protected by the state, law, government and everyone for the sake of respect and protection of human dignity and dignity"[21]

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