
HOW TO INSTILL READING HABITS FOR EARLY CHILDHOOD

¹Untung Desy Purnamasari, ²Nurul Hamidah,

¹*Yogyakarta State University*

untungdesypurnamasari.2017@student.uny.ac.id

²*Yogyakarta State University*

nurulhamidah.pep.2017@student.uny.ac.id

Abstract

Book is the window of the world, it is a reflection that reminds us of the importance of reading books for various knowledge sciences. However, the book will only be a dead item that is useless if we do not read it. The problem is not everyone likes to read. Interest in reading in our country, especially Interest in reading of children until now can be said is still quite apprehensive. Based on data from the UNESCO percentage, Indonesia's reading interest is only 0.01 percent, that meaning from 10,000 children only one child who has a reading interest. 21st century has become an era of great change for human life demanding the mastery of various skills essential to global competition. The opportunity of this country to compete with other countries to become more advanced and developed will be smaller if the quality of the next generation of the nation is also minimal because there is no effort to improve the quality of self by reading. This paper concludes that there are two factors that affect reading interest of childhood that are internal and external factors. Internal factors include attention and motivation. Furthermore, external factors also greatly affect reading interest of childhood consists of the role of family, teachers, environment, and facilities. The recommendation for further study of better understanding how to instill reading habits for early childhood because by reading they can gain all knowledge, skills and values necessary for their success in school and in life.

Keywords : childhood, internal and external factors, reading habits

INTRODUCTION

The 21st century is marked by the world of telecommunications and informatics is expanding rapidly making all the information and knowledge is growing rapidly and quickly. Every second of which exist in parts of the world can be accessed easily. Every development of science can be seen easily. Here, since childhood children should be introduced and familiarized to have a habit of reading. This reading habit makes the children will be happy to access all the information and knowledge circulating either through books or electronic books on the internet. Good reading ability of children form a child who has a broad knowledge, and has the ability to think in choosing and sorting out the right information, good, and right for himself and who is not. This reading habit will form a child who has a wide knowledge.

The book is a window of knowledge. People will have a broad insight when reading a book. However, some facts in the field show that now few people like reading and our reading intensity is very less compared to other countries. Therefore, reading habits should be instilled in children from an early age.

Every child should be introduced to the reading so that they can quickly master the language. Every parent also wants their children to be intelligent and have broad insights, and intelligence can be nurtured

in children from an early age. Growing interest in children's reading at an early age is a key factor for instilling child intelligence, because if children can read from an early age, then it can open their horizons. good reading ability of children form a child who has a broad knowledge, and has the ability to think in choosing and sorting out the right information, good, and right for himself and who is not. This reading habit will form a child who has a wide knowledge.

Associated with the ability to read is a basic ability that must be owned by children of early age. Before learning others such as numeracy, writing, drawing can begin with reading activities. Early-age children with the stage of language development have begun to differentiate in the use of words and sentences. The vocabulary gradually began to grow. Of course, in order to support the development of this language then they have to be trained with the ability to read. Santrock (2007: 68) states that in a study of the reading and writing experience (how often the child is read) the quality of mother involvement with their children is like the mother's efforts in stimulating cognitive children through readings and the provision of learning materials such as appropriate books with his age is an important home reading and writing experience.

Reading is an activity that has many benefits. Examples are adding knowledge, entertainment, changing a person's point of view about something,

even changing one's life. There are still many benefits from this activity. of the many benefits it can be concluded reading is a positive activity. It is regardless of the good or bad of the book. As bad as any book, it will surely give a good message to its readers. Growing interest in reading early is the right choice. Because the age of the children is golden age golden in a person's life. If the habit of reading into a child's favorite, then do not be surprised the child becomes a qualified individual. Individuals are better than those who do not like reading. Individuals who scent the nation, state, religion, family, and surely both parents. Familiarizing children to read early enough to prevent children from activities that are not useful, which can harm himself and others. It is time for the Indonesian people to need a qualified successor generation. This can be achieved by familiarizing children with reading activities.

Reading can be a good habit when trained from childhood so that children will get used to like reading. We can not spontaneously love reading to become our habit. Therefore, it is important for us as parents to introduce reading and make reading as a good habit that is always remembered and meaningful for the child.

Reading can open the horizon of someone thinking. Through reading, someone has the opportunity to reflect and meditate, so that the culture of reading is more directed to the intellectual culture. By reading quality books, someone has a comparative advantage than people who do not read. Therefore, to build a civilized and advanced society, reading culture needs to be grown (Putra, 2008: 7).

There are two factors that affect reading interest of childhood that are internal and external factors.

Internal factors include attention and motivation. Furthermore, external factors also greatly affect reading interest of childhood consists of the role of family, teachers, environment, and facilities.

RESEARCH METHOD

This study aims to describe how to inculcate reading habits for early childhood because by reading they can acquire all the knowledge, skills and values necessary for their success in school and in life. This is a library research. The method used in this research is analytical descriptive. Data obtained from books, and journals.

DISCUSSION

The inner factors include attention, feelings, and motivation. Feelings of pleasure in reading are the expression of a person to the reading. It can be a kind of reading book that is liked because there is an element of attention and motivation of a person to the reading. A student who likes to read does not need to be told to read, because reading is not only a fun activity, but has become a necessity. To get good reading results, then students should have attention to the reading material, if the material does not read the attention of students, then arise boredom. In order for students to read well, keep reading material always attract attention. This is in line with what Wahadaniah (1997: 16) says that reading interest is a strong and deep attention accompanied by feelings of pleasure towards reading activities that can lead a person to read by his or her own volition or encouragement from the outside.

Some research results also show how to instill reading habit shown in the table as follows:

Tabel 1. Relevant Research Results

No	Researcher	Research result
1.	Owusu and Acheaw (2014)	The study confirmed that reading habit has influence on academic performance and there is a relationship between reading habit and academic performance. The study recommended among others that lecturers should be advised to stop providing handouts to students but rather encourage them to use the library for research and also, the current system of assessing students should be given a second thought with respect to the formulae of assessment.
2.	Ihmeideh (2014)	This study testing the effect of e-book reading compared to regular print book reading in classrooms shows that the e-book group outperforms the print book group. E-books have the potential to promote children's emergent literacy skills. Moreover, children show significant improvement in the areas of print awareness and vocabularies compared with the other emergent literacy skills. The results indicated that children in experimental group (use e-book) performed significantly better than the children in control group (use printed book).

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3. Diem dan Atmanegara (2014) Creating enjoyment, pleasure, and enthusiasm with the use of interesting multicultural materials in teaching English to young learners (TEYL) has proved to be quite effective in inculcating pupils' reading habit and enhancing their literacy achievement. It is, therefore, concluded that Literature Circles Strategy (LCS) could create such conditions. It can not only motivate the children to do the reading activities for writing and speaking but also promote love of reading in their daily life in the future.
 4. Stanfield (2008) The results of this study and expanded studies of this type could demonstrate the need to improve our awareness of how children acquire the motivation to develop into active, engaged readers.
 5. Moser and Morrison (1998) The study reports a one year study in a fourth grade classroom to help students in both areas. The reading program in this fourth grade classroom included silent reading time, choices of reading materials, sharing of literature, and appropriate adult modeling of reading. Results included increases in reading rates, comprehension, vocabulary, and amount of reading accomplished by the students.
 6. Leppänen, Niemi, Aunola, and Nurmi (2004) The results showed that during the preschool year individual differences in reading grew larger and that this growth was faster among those who entered preschool with well-developed skills. However, during the first grade individual differences in reading diminished. The results suggest that systematic reading instruction in primary school education is more beneficial for children with less developed literacy skills, whereas children with more developed reading skills gain relatively less from reading instruction in the first grade.
 7. Nalusiba (2010) Research findings from the schools studied indicate that there was unplanned frequency of reading by pupils and the only reading that happened was limited to available reading materials and resources. However, inefficient reading materials and their accessibility, Inefficient reading facilities and non involvement of parents have inhibited the progress of reading culture among the pupils. Inadequate reading facilities and non involvement of parents inhibited the reading culture among the pupils. The study thus recommended introduction of reading in mother tongue at infant levels by encouraging pupils to read and write their own stories, availing pupils with appropriate reading materials and provision of school library services.
 8. Aram, Korat, and Arafat (2013) Results revealed that family SES, children's early skills and home literacy activities in kindergarten correlated with children's achievements at the end of first grade. Joint writing contributed significantly to children's literacy in first grade and the contribution of shared reading was almost significant. Joint writing was found to contribute to children's literacy achievements in first grade beyond book reading. The study extends our knowledge on literacy acquisition in Arabic, highlighting the significance of early parent-child literacy activities as a predictor of Arabic-speaking children's literacy achievements in school.
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According to Stephen R. Covey, four important things about the role of the family are as follows (Yusuf, 2014: 47).

1. Modeling, parents are models or role models of their children. Parents strongly influence the exemplary role of the child. Whether positive or negative, parents are the first and foremost modeled by the child. Parents become the pattern of forming the "Way of Life" or

lifestyle of the child. The way of thinking and the actions of children is shaped by the way of thinking and doing their parents. In this way parents inherit deeds and mindsets for their children.

2. Mentoring, meaning the ability to establish or build relationships, instill affection to others, or provide protection to others in depth, honest and unconditional.

3. Organizing, family is also an analogy of small companies that require teamwork, in solving problems, tasks, or meet family needs.

Reading a book is one of the stimulating stages of language and communication skills that are of interest to children. Through reading, children can practice vocabulary, verbal interactions and create imagination. It also can train children to think critically because of the high curiosity in the interesting pictures that are in the book. Children will ask many things about what they see, what they hear. Therefore, the book is one of the media that appeals to children to increase knowledge and practice pronounce vocabulary.

Furthermore, it can also with story telling activities by parents, children choose books that want to read and read parents. Not only as the stimulation of language skills and get the children to love to read from an early age, through story telling can also be established closer emotional relationship between parents and children, children can be asked many questions directly to parents.

The role of teachers is a factor that affects students' reading interest. The teacher is the second parent for the student. Teachers can help their students develop knowledge for their future. One of the role of teachers in the learning process is as a motivator. The teacher's role is motivation to read. The role of teachers as a motivator is important in improving the development of student reading activities. Teacher factors in the form of the ability to manage the activities and interaction of teaching and learning, especially in the teaching of reading programs. A good teacher should know the characteristics and interests of the child. Teachers should be able to stimulate and give encouragement to elicit students' potential in terms of reading. One way to motivate students in learning is to arouse students' interest. Therefore, efforts to increase interest and reading habits are also held in schools through the presence of libraries.

Aspects of facilities, namely the library is a factor that affects students' interest in reading. Library as a learning resource that is expected to foster interest in reading for students, it should be managed properly, for example a computerized system that can facilitate students in finding the desired title of the book. Good library should be able to provide a comfortable atmosphere by always maintaining cleanliness, maintaining the neatness of books, as well as arrangement of reading places that can make students comfortable to linger in the library. A comfortable atmosphere can attract students to read in the library.

In addition to libraries, other facilities that can be used are technology. Parents can use gadgets as a facility to teach children at home. Through gadgets, parents can download e-books. E-book can be an interesting facility because it has pictures, characters, and colors that make children like to read.

Growing interest in reading early has several benefits. The first benefit is to inculcate the habit of reading pleasure. Reading habit needs to be instilled in children from an early age. This is important as their provision in the face of intense competition in the global age. To instill the habit, then we need to present a book that fits the age and level of thinking ability of the child. The book is what we next call children's books.

The second benefit is broadening insight and knowledge. Parents will certainly be proud. It happens if the child shows the depth of his insight and the extent of knowledge in the learning activities. This can be proven by the high achievement of the child.

The last benefit is to form a noble character. It can be proved how to act, speak, and feel in everyday life. The child will respect the older person. And will appreciate peers and children under the age. This will prevent the delinquency of children who are not directed. Because the true child does have a delinquency that is typical of the child's own world.

CONCLUSION

From this discussion we can conclude that:

1. There are two factors that influence the interest of reading early childhood are internal and external factors. Internal factors include attention and motivation. External factors also greatly affect the interest of early childhood reading consists of the role of family, teachers, environment, and facilities.
2. Growing interest in reading early has many benefits. These benefits include: inculcating the habit of reading pleasure, broadening insight and knowledge, and forming noble character.

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