

**PENGEMBANGAN MEDIA KOMIK DIGITAL BERBASIS *FLIPBOOK*
DENGAN PENDEKATAN *MINDFULLNES-CONGNITIVE-BEHAVIORAL*
HARMONY UNTUK MENINGKATKAN KENYAMANAN BELAJAR
SISWA DI KELAS V SD NEGERI 6 PENDEM**

Oleh

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ABSTRAK

Penelitian ini dilaksanakan di SD Negeri 6 Pendem berdasarkan hasil observasi dan wawancara pada 16 Agustus 2024 yang menunjukkan permasalahan kenyamanan belajar akibat lingkungan kelas yang kurang kondusif, terbatasnya fasilitas, dan rendahnya inovasi media pembelajaran. Hal tersebut berdampak pada menurunnya minat belajar serta kemampuan literasi dan numerasi siswa, khususnya pada mata pelajaran Matematika. Penelitian ini bertujuan untuk: (1) menghasilkan rancang bangun media komik digital berbasis *flipbook*, (2) mendeskripsikan validitas, (3) kepraktisan, dan (4) efektivitas media dengan pendekatan *mindfulness-cognitive-behavioral harmony* dalam meningkatkan kenyamanan belajar siswa. Metode yang digunakan adalah *Research and Development* (R&D) dengan model ADDIE. Subjek penelitian meliputi ahli materi, ahli media, guru, dan 32 siswa kelas V. Data dikumpulkan melalui kuesioner/angket dan dianalisis menggunakan uji validitas Aiken, perhitungan rata-rata, dan *Paired Sample T-Test*. Hasil validasi ahli menunjukkan bahwa media komik digital berbasis *flipbook* ini memiliki kualitas sangat tinggi dengan skor validitas ahli materi sebesar 0,88 dan ahli media sebesar 0,92. Uji kepraktisan produk menunjukkan hasil sangat baik, dengan rata-rata skor dari siswa sebesar 3,62 dan dari guru sebesar 3,97. Efektivitas media diukur melalui uji *pre-test* dan *post-test* terhadap kenyamanan belajar siswa. Skor rata-rata *pre-test* adalah 41,03, dengan nilai minimum 33 dan maksimum 48. Setelah intervensi, skor rata-rata *post-test* meningkat menjadi 56,13, dengan nilai minimum 53 dan maksimum 60. Uji *Paired Sample T-Test* menunjukkan nilai signifikansi (Sig. 2-tailed) sebesar 0,000 ($<0,05$), dengan *mean difference* sebesar -15,094. Ini mengindikasikan perbedaan signifikan dan peningkatan kenyamanan belajar siswa setelah penggunaan media.

Kata Kunci: Komik Digital, *Flipbook*, *Mindfulness-Cognitive-Behavioral Harmony*, Kenyamanan Belajar, Matematika.

**DEVELOPMENT OF FLIPBOOK-BASED DIGITAL COMIC MEDIA
WITH A MINDFULNESS-CONGNITIVE-BEHAVIORAL HARMONY
APPROACH TO IMPROVE STUDENT LEARNING COMFORT IN
CLASS V OF SD NEGERI 6 PENDEM**

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ABSTRACT

This research was carried out at SD Negeri 6 Pendem based on the results of observations and interviews on August 16, 2024 which showed the problem of learning comfort due to a less conducive classroom environment, limited facilities, and low innovation in learning media. This has an impact on the decline in students' interest in learning and literacy and numeracy skills, especially in Mathematics subjects. This research aims to: (1) produce a flipbook-based digital comic media design, (2) describe the validity, (3) practicality, and (4) the effectiveness of media with a mindfulness-cognitive-behavioral harmony approach in improving students' learning comfort. The method used is Research and Development (R&D) with the ADDIE model. The subjects of the study included material experts, media experts, teachers, and 32 students of class V. Data were collected through questionnaires/questionnaires and analyzed using Aiken's validity test, average calculation, and Paired Sample T-Test. The results of expert validation showed that this flipbook-based digital comic media has a very high quality with a validity score of 0.88 for material experts and for media experts of 0.92. The product practicality test showed excellent results, with an average score from students of 3.62 and from teachers of 3.97. The effectiveness of media is measured through pre-test and post-test tests on student learning comfort. The average pre-test score is 41.03, with a minimum score of 33 and a maximum of 48. After the intervention, the average post-test score increased to 56.13, with a minimum score of 53 and a maximum of 60. The Paired Sample T-Test showed a significance value (Sig. 2-tailed) of 0.000 (<0.05), with a mean difference of -15.094. This indicates a significant difference and an improvement in students' learning comfort after media use.

Keywords: Digital Comics, Flipbooks, Mindfulness-Cognitive-Behavioral Harmony, Learning Comfort, Mathematics.