

The Implementation of Cooking Class in Developing Students' Life Skills at SD Muhammadiyah 1 Banyuwangi

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ABSTRACT

Cooking class is an activity that involves students in the process of cooking and preparing food, which not only teaches culinary skills, but also provides opportunities for students to develop various life skills. Among these are the ability to work together in teams, make decisions, manage time, and increase independence and responsibility. This study aims to explain the cooking class learning activities at SD Muhammadiyah 1 Banyuwangi and identify the types of life skills that can be developed through these activities. Life skills are an important aspect of 21st century education that is the focus of meaningful learning for children, and contextual learning such as cooking classes is believed to be able to provide real experiences for students in building these skills. The research method used is a qualitative approach with a descriptive study type. Data collection techniques were conducted through observation, interviews and documentation. The results showed that cooking class activities were implemented as part of an extracurricular program and integrated thematic learning, by actively involving students in the planning process, preparation of ingredients, food processing, and evaluation of results. Through this activity, students showed development in several aspects of life skills, such as communication skills, teamwork, responsibility, independence, and problem-solving ability. Thus, cooking class is proven to be an effective learning medium in fostering students' life skills in an elementary school environment.

Keywords: Cooking Class, Life Skills, Elementary School

1 Introduction

Education in the 21st century does not only emphasize the mastery of academic knowledge, but also the development of essential life skills to face the challenges of everyday life. Life skills include various abilities such as working together, communicating, thinking critically, making decisions, managing time, and being responsible for tasks and the environment. Therefore, elementary schools as the initial foundation for the formation of children's character and competence have an important role in instilling life skills from an early age. [1] One of the contextual and applicable learning approaches in developing life skills is through cooking class activities. Cooking class is not just a cooking activity, but a learning tool that integrates various aspects of skills, such as planning, collaboration, cleanliness, and accuracy. In order to create a meaningful and enjoyable learning experience for students, cooking classes provide space for students to make real contributions, work with their peers in their groups, obey orders, and complete their assignments independently. [2] SD Muhammadiyah 1 Banyuwangi as one of the private elementary education institutions committed to character-based learning, has developed a cooking class program as part of learning and extracurricular activities. This program not only aims to introduce students to culinary skills, but also as a medium to grow and strengthen students' life skills in the context of real life.

According to research conducted by Dessy Farantika and friends, cooking class activities also provide direct natural learning to improve knowledge and teach children to improve life skills. [3] This is also found in research conducted by Alaika Alghitsny and friends who stated that cooking classes are effective in increasing children's self-confidence. This activity actively involves children in the cooking

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process, which makes them more enthusiastic and proud of their achievements. [4] Then, research conducted by Novita Freshka Uktolseja and friends stated that this cooking class activity is very useful and is often found in students' daily lives. Students also follow it happily so that students find it easier to understand the learning. Students also follow it happily so that students can more easily understand the learning. With this cooking class activity, students can stimulate 5 senses, develop the application of critical thinking, creativity, and independence. [5] Based on the preliminary study that has been presented, this study focuses on describing how the implementation of cooking class activities is carried out at SD Muhammadiyah 1 Banyuwangi, as well as identifying the types of life skills that develop through these activities.

2 Literature Review

Life Skills in Elementary Education

Life skills are a set of abilities that individuals need to be able to live independently, responsibly, and contribute positively to society. Life skills include critical thinking skills, communication, cooperation, problem solving, decision making, and emotional and stress management. Life skills are an important part of meaningful learning for students. This is because with the development of life skills, students not only develop in the cognitive field, but can also apply their knowledge to their daily lives. [6] Instilling religious, independent, cooperative and integrity characters is important for elementary school children. Therefore, learning designed at the elementary level must encourage the growth of life skills through a contextual and applicable approach. [7]

Cooking Class as a Contextual Learning Media

Cooking class is a practice-based learning activity that involves students directly in the cooking process, starting from menu planning, ingredient preparation, food processing, to evaluation of results. This activity is very much in line with the contextual learning approach (Contextual Teaching and Learning), where students learn through real experiences and are relevant to everyday life. [8] Contextual learning emphasizes the importance of active student involvement in building knowledge through meaningful activities. Cooking classes can be an effective medium for teaching concepts across subjects, such as math (measuring ingredients), science (changes in matter), language (recipe instructions), and social and emotional skills. [9]

The Role of Cooking Class in Developing Life Skills

Various studies have shown that cooking activities can be a means to develop various aspects of life skills in students. Cooking activities with children can improve the ability to work together, make decisions, and solve problems. In addition, this activity also trains responsibility, independence, and fine motor skills. [10] In the context of elementary schools, cooking classes can be an alternative learning that is both fun and educational. Students not only learn to cook, but are also trained to work in teams, comply with procedures, maintain cleanliness, and be responsible for the results of their work. This is in line with the objectives of character education which is currently the focus of the national curriculum. [11]

3 Research Methods

This study uses a qualitative research approach with a descriptive research type. Researchers can explore and understand in depth how the implementation of cooking class activities is carried out and how these activities contribute to developing students' life skills. The descriptive research type is used to provide a factual, systematic, and accurate picture of the phenomena studied in the field. This research was conducted at SD Muhammadiyah 1 Banyuwangi, located at Jaksa Agung Suprpto Street Number 60 Banyuwangi. The subjects in this study were 25 students, 1 cooking class teacher, and the principal of SD Muhammadiyah 1 Banyuwangi. Data collection techniques in this study were through observation, interviews, and documentation. Data analysis in this study uses an interactive model from Miles and Huberman, namely data reduction, data presentation, drawing conclusions and verification. Data

validity techniques use source and time triangulation, member checking, and observation extension. [12]

4 Result and Discussion

1. Implementation of Cooking Class Activities at Muhammadiyah 1 Elementary School, Banyuwangi

Cooking class activities at SD Muhammadiyah 1 Banyuwangi are carried out periodically as part of the extracurricular program and are also integrated into thematic learning. This activity involves students from grades 1 to 6 with the support of homeroom teachers and accompanying teachers.

The activity process begins with planning a simple menu that is adjusted to the age and abilities of the students. Students are then involved in preparing ingredients, cooking, serving, and evaluating the results. [13] Each group of students is given certain responsibilities, such as bringing ingredients, preparing tools, cleaning the cooking area, and presenting their cooking results in front of the class. This activity is carried out in a fun and collaborative learning atmosphere. The teacher acts as a facilitator who provides direction and ensures that each student has an active role in the learning process. [14]

2. Types of Life Skills Developed Through Cooking Class

The results of documentation and interviews show that cooking class activities are able to develop various aspects of life skills in students. These life skills include communication skills, teamwork, independence, responsibility, problem-solving skills.

Through communication skills, students learn to communicate effectively in groups, both when discussing menus, dividing tasks, and presenting results. Then, through teamwork, students in each group are required to work together to complete cooking tasks, thereby fostering a sense of mutual respect and trust within the team. Independence trains students to carry out various tasks independently, such as cutting ingredients, measuring spices, and cleaning equipment. [15]

Each student has a task that must be completed according to their role, which indirectly trains a sense of responsibility for the results of the group so that an attitude of responsibility is formed. Students are trained to have problem-solving skills because in the cooking process, students are often faced with unexpected situations (for example, incomplete tools or insufficient spices), so they learn to find solutions quickly and accurately. [16]

3. Cooking Class as a Learning Media for Life Skills

Based on findings in the field, cooking class has proven to be an effective learning medium in developing students' life skills. This real practice-based learning is able to create a fun, meaningful, and contextual learning experience. This activity is also in line with the principles of character education, because it encourages students to be disciplined, independent, responsible, and have initiative. In addition, cooking classes provide space for students to learn across fields, such as science (changes in state of matter), mathematics (measurement), and language (preparing recipes, presentations). [17] The results of this study strengthen previous findings that hands-on practice-based activities such as cooking classes are very effective in instilling 21st century skills in students, especially at the elementary school level which emphasizes holistic and contextual learning. [18]

5 Conclusion

Cooking class activities at SD Muhammadiyah 1 Banyuwangi are a form of contextual learning that is effective in developing students' life skills. This activity is carried out in an integrated manner in thematic learning and also through extracurricular programs, by actively involving students starting from the planning stage, preparation, cooking process, to evaluation. Through cooking class activities, students show significant development in several aspects of life skills, including communication skills, teamwork, responsibility, independence, and problem-solving skills. This real-practice-based learning process not only strengthens academic understanding, but also shapes students' character and social-emotional

skills. Thus, cooking classes have proven to be one of the learning strategies that can support the development of life skills in elementary school students in a comprehensive and meaningful manner.

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