



**Volume 5(1), April 2019**

**ISSN 2407-7348 (Print)**

## Contents

**Foreword.** [ii]

**IHSAN RIZALI,**

*Mind Mapping Learning Method for Memory.* [1-14]

**IIS RISTIANI,**

*Menjunjung Kearifan Budaya Cianjur sebagai Upaya Memperkuat Bahasa dan Budaya Sunda dalam Pemertahanan Karakter Bangsa.* [15-30]

**ANDI SUWIRTA,**

*Pers dan Kritik Sosial pada Masa Orde Baru: Kasus PEMILU 1971 dalam Pandangan Harian Kompas di Jakarta dan Harian Pikiran Rakyat di Bandung.* [31-52]

**NENDEN DESI MULYANI APANDI,**

*Effectiveness a Method of Brain Gym to Lower the Level of Burnout of Students to Study.* [53-64]

**HAMIRUL,**

*Kaum Biseksual dan Problematikanya di Indonesia.* [65-76]

**Info-sipatahoenan-edutainment.** [77-88]

**SIPATAHOENAN: South-East Asian Journal for Youth, Sports & Health Education** will provide a peer-reviewed forum for the publication of thought-leadership articles, briefings, discussion, applied research, case and comparative studies, expert comment and analysis on the key issues surrounding the Youth, Sports, and Health Education, and its various aspects. Analysis will be practical and rigorous in nature. This journal, with print-ISSN 2407-7348, was firstly published on April 21, 2015. Since issue of April 2015 to October 2015, the SIPATAHOENAN journal was organized by the Central Executive Board of APAKSI (Association of All Indonesia Sports' Experts and Practitioners) in Bandung; and supported by KEMENPORA RI (Ministry of Youth and Sports of the Republic of Indonesia) in Jakarta. Since issue of April 2016 to date, the SIPATAHOENAN journal has been managed and published by Minda Masagi Press, as a publisher owned by ASPENSI (the Association of Indonesian Scholars of History Education) in Bandung, West Java, Indonesia. The SIPATAHOENAN journal is published twice a year, i.e. every April and October. Available online also at: [www.journals.mindamas.com/index.php/sipatahoenan](http://www.journals.mindamas.com/index.php/sipatahoenan)

## FOREWORD



The HRD (Human Resource Development) constitutes a major component of societal growth of any nation. In many countries of the world, including Nigeria in Africa and Indonesia in Southeast Asia, this has been accorded an important place in their efforts at achieving developmental goals. However, HRD is greatly determined by the standard of education in a country. Thus, the importance of qualitative human resource in the economic, social, and political development of any nation cannot be overemphasized.

HRD is the process of increasing knowledge, skills, and the capacities of people in the country, the possibility of the growth of that nation might be minimal. No nation is known to have achieved great economic height or technological advancement without having a qualitative human resource. Even, in the technological advanced and industrial nations of the world, qualitative human resource is still very essential to keep them in line with changes. Thus, qualitative human resource is fundamental in deciding how much a nation can accomplish its developmental objectives.

The most effective developing countries have not only had a high rate of physical capital formation, they have also given priority to human capital formation. Consequently, investment in human capital can enjoy rates of return. The HRD corresponds to the development of any stock of knowledge or characteristics that individuals have (either innate or acquired) that contributes to his or her productivity. For any society to function efficiently and effectively, it requires human intervention in one form or the other either as managers or as operators.

With HRD, individuals are competent through development of new and relevant skills, acquiring knowledge, and positive attitude towards self and the society. This implies that with HRD, people are more dedicated to societal progress and growth. Similarly, HRD promotes environment characterized by trust and respect, which further leads to favourable dispositions and acceptability of change among other individuals and in the society. With HRD, all-round growth, team spirit, enhanced efficiency can be assured.

In recent times, the development of human resources has been the focus of concern towards the development of a nation. This is for the fact that the growth of tangible growth of a nation depends to a considerable degree on the HRD. In conclusion, following the challenges posed by globalization, HRD should be treated with utmost importance, not only to destroy the stereotype routine methods of doing job, but to also launch full potentials of citizens for more positive contributions to individuals' wellbeing and societal building in general, both at present and in future.

I am very proud and grateful, due to I was invited as a Guest Editor for the publication of the SIPATAHOENAN journal, on April 2019 edition, which has links to the HRD. Issues and challenges regarding HRD seems not only to be local and national in nature, but also regional and international. I also feel happy because the theme of human resources in Indonesia has been important in the development process from independence in 1945 until now.

The first article – written by Ihsan Rizali of Indonesia and entitled “Mind Mapping Learning Method for Memory” – stated that the use of mind mapping method can help student to remember the obtained information. Besides, mind mapping method gives a more realistic illustration, because students do not only listen and imagine the object, but also see it. Hence, students can easily understand the delivered information.

Second article – written by Iis Ristiani of Indonesia and entitled “Upholding the Cianjur Cultural Wisdom as an Effort to Strengthen Sundanese Language and Culture in Nurturing the Nation's Character” – pointed out that language, culture, and character have a very big role for humans in carrying out their functions as social beings. For the people of Cianjur in West Java, Indonesia, preservation of language and culture is bound in the seven pillars of Cianjur culture.

Third article – written by Andi Suwirta of Indonesia and entitled “The Press and Social Criticism during the New Order: 1971 Election in the Views of Kompas Daily in Jakarta and the Pikiran Rakyat Daily in Bandung” – described that the two newspapers were, in general, supported the programs and policies of the New Order government. If there were criticisms and views that were different from the New Order government, the two newspapers delivered it indirectly in a language that was moderate, vague, and did not offend the feelings of the New Order government.

Fourth article – written by Nenden Desi Mulyani Apandi of Indonesia and entitled “Effectiveness a Method of Brain Gym to Lower the Level of Burnout of Students to Study” – stated that learning activities are the activities the most basic in the whole process educated at a school. Success in learning activities depends to teachers in given the lectures, and interaction between teacher and their students. This study examined that the Brain Gym method effective to reduce of burnout on student learning.

Lastly, fifth article – written by Hamirul of Indonesia and entitled “Bisexuals and Their Problems in Indonesia” – explained that the problem of bisexuals must be understood in depth, examined the causes and factors that influence it, and sought ways to overcome and wise solutions by policy makers in the fields of education, religion, social, health, and even state politics.

Happy reading articles in the SIPATAHOENAN journal. Hopefully a lot of wisdom and benefits from it. Greetings sports and healthy always!

Ilorin, Nigeria: April 30, 2019.

**Lateef Omotosho Adegboyega, Ph.D.**

A Guest Editor of SIPATAHOENAN Journal for April 2019's Edition; and Lecturer at the Department of Counsellor Education, Faculty of Education UNILORIN (University of Ilorin), Ilorin, Nigeria.

E-mails: [adegboyega.lo@unilorin.edu.ng](mailto:adegboyega.lo@unilorin.edu.ng) and [adegboyegalateef@gmail.com](mailto:adegboyegalateef@gmail.com)