



## The Effectiveness of a Play Based Social Emotional Program on Mathematics and English Language Learning Readiness in Early Childhood Education

Dwi Adhinda Junaidi Putri <sup>1\*</sup>, Ivvon Septina Bella <sup>2</sup>, Tri Putri Utami <sup>2</sup>

<sup>1</sup> Universitas Almuslim

<sup>2</sup> Universitas Islam Kebangsaan Indonesia

### Article Info

#### Article history:

Received 14 January 2026

Revised 17 January 2026

Accepted 20 January 2026

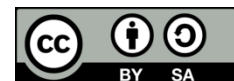
#### Keywords:

Social-Emotional Learning,  
Play-Based Learning,  
Mathematics Readiness,  
English Language Readiness,  
Early Childhood Education

### ABSTRACT

This study examines the effectiveness of a play-based social-emotional program on mathematics and English language learning readiness in early childhood education. Learning readiness at this stage is influenced not only by cognitive abilities but also by social-emotional competencies such as self-regulation, attention, cooperation, and confidence. A quasi-experimental design with a pretest–posttest control group was employed. Participants were children aged 5–6 years divided into an experimental group and a control group. The experimental group received a play-based social-emotional program integrated into daily learning activities, while the control group followed conventional instruction. Data were collected using social-emotional observation sheets, mathematics readiness assessments, and English language learning readiness assessments. Data were analyzed using descriptive statistics and independent samples t-tests. The results showed that children in the experimental group demonstrated significantly higher readiness to learn mathematics and English compared to the control group. These findings indicate that integrating social-emotional learning into play-based activities effectively supports holistic learning readiness in early childhood education.

This is an open access article under the CC BY-SA license.



### Corresponding Author:

Dwi Adhinda Junaidi Putri | Universitas Almuslim

Email: adhindadwi@gmail.com