

Abstract

The Effectiveness of Mind Mapping to Improve Short and Intermediate-Term Memory

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Objective: This research aims to find out the effectiveness of mind mapping for short-term memory and intermediate-term memory.

Method: Design of this study was experimental. The data were obtained in three test which were pretest-, post-test 1 (for short-term memory), and post-test 2 (for intermediate-term memory). The sample population was Medical students of Airlangga University year of 2012-2015. Total of 32 students divided into two groups, which were the control group and the test group (16 respondents in each group). The data were obtained from the test results of the respondent in each group. Data were analysed by paired sample *t*-test using IBM SPSS 19.0.

Result: There are significant improvement in short-term as well as intermediate-term in both group.

Conclusion: Mind mapping could improve the memory, but both mind mapping method and conventional method gave the same results to the memory.

Keywords: *mind mapping, short-term memory, intermediate-term memory*