

Efforts To Improve Children's Gross Motor Skills Through The Media Of Senam Sholeh Children's Rhythm

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Abstract

Efforts to Improve Children's Gross Motor Skills Through Sholeh Children's Rhythmic Gymnastics, Thesis: Early Childhood Education Study Program. Sekolah Tinggi Keguruan Dan Ilmu Pendidikan STKIP Kusuma Negara Jakarta August 2022 This research aims to Improve Gross Motor Skills through the Media of Rhythmic Gymnastics for Children Sholeh. Motor development in childhood is very rapid, therefore in childhood children must be developed as a form of physical education that prioritizes motor activities so that their motor skills can develop properly. One aspect of early childhood development is the development of motor abilities, wide opportunities to move, learning experiences to discover sensorimotor activity which includes the use of large and small muscle muscles allowing the child to meet motor perceptual development.

Keywords : coordinated motion, gross motor skills, rhythmic gymnastics of sholeh children

1 INTRODUCTION

Motor Development in children is very rapid and must be developed various physical education that prioritizes motor activities so that their motor skills can develop properly, forms of physical education that prioritize motor activities include playing speed, agility, flexibility, balance. then the problem in this study is how to improve children's gross motor skills through the medium of rhythmic gymnastics for children with the aim of the study to benefit the children are able to improve their gross motor skills, and for teachers to improve the professional abilities of teachers and be able to develop creative and innovative methods.

The ability of our children in the development of gymnastics, including children in early childhood education, is still not well coordinated, especially during the current pandemic, it needs to be considered for early childhood teachers, therefore other alternatives must be made to improve gross motor skills in early childhood, besides that based on the results of preliminary observations, several other causative factors such as: The learning methods presented by the teacher are less interesting, the lack of stimulation in children in improving their gross motor skills due to the current pandemic situation that imposes distance learning so that direct gymnastics activities are not achieved optimally.

2 RESEARCH METHODS

The method used with class action research is directed to collect data, take meaning, gain understanding from the case. Data collection techniques are by interview, observation, and documentary studies, but they are all focused towards obtaining data unity and conclusions. The purpose of this study is to find out how to improve gross motor skills

through the medium of rhythmic gymnastics for sholeh children and find out how to improve it at the age of 5-6 years, this study was conducted at RA AS-SA'ADAH Kalibata Tengah South Jakarta, the study was conducted in March to June 2022.

The procedure for conducting class action research is to go through several stages, including: a) Planning b.) Action c.) observations d.) Reflection. Based on some of the opinions of the above experts it can be concluded that gross motor abilities are body movements that use muscle muscles or most or all of the body's amggota that are influenced by the maturity of the child himself.

3 RESULT AND DISCUSSION

This study used 7 instrument items, namely: 1. Children can perform body movements in a coordinated manner to train balance, flexibility, agility. 2. Children can coordinate the movements of the hands of the feet, hands, head in performing gymnastics. 3. The child can perform physical games by the rules. 4. Children can skillfully use their right and left hands. 5. The child can jump jumping with legs in turn. 6. The child can run by itself. 7. Children can walk varied.

To find out the gross motor abilities of the child before the study is carried out. Researchers made observations, observations made by researchers for the first time in February 2022 as supporting data from the actual research.

The action taken in the pre-action study is by following rhythmic gymnastics, where the child lines up neatly and follows the gymnastics movements led by the teacher's mother, then the observer assesses the results of the child's movements. Meanwhile, the teacher assesses the results of the development of children's movements through rhythmic gymnastics.

Table 1. Acquisition of Pre-Action Gross Motor Ability Values

No	Name	Instrument Items							Number of gains	Value (%)	Expected amount	category
		1	2	3	4	5	6	7				
1	Aisha	1	2	1	1	1	2	2	10	35,71	75%	BB
2	Albyan	2	1	2	1	2	1	1	10	35,71	75%	BB
3	Alesha	1	1	2	1	1	2	1	9	32,14	75%	BB
4	Alumna	1	1	1	1	1	1	2	8	28,57	75%	BB
5	Salsabila	1	1	1	1	2	1	1	8	28,57	75%	BB
6	Fawaz	1	2	1	1	1	1	2	9	32,14	75%	BB
7	Alfiandra	1	1	1	2	1	1	1	8	28,57	75%	BB
8	Reynand	1	1	2	1	1	2	1	9	32,14	75%	BB
9	Rafif.s	2	1	1	1	2	2	1	10	35,71	75%	BB
10	Sarah	1	1	1	1	1	1	2	8	28,57	75%	BB
11	Tadita	1	1	1	2	1	1	2	9	32,14	75%	BB
12	Rafif.a	1	1	1	1	2	1	1	8	28,57	75%	BB
13	Alifa	1	2	1	1	1	1	1	8	28,57	75%	BB

Sum	1 5	1 6	1 6	1 5	1 7	1 8	1 8	114	31,32	75%
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Note:

BB : Undeveloped (6-10)

MB : Starting to Develop (11-15)

BSH : Develop As Expected (16-20)

BSB : Very Well Developed (21-24)

Based on the results hebag can be seen aspects of instrument items 1-7 researchers assessed that there are still many students who have not been able to do it regularly. Thus, researchers can conclude that the gross motor ability of RA ASSA'ADAH students is still low, therefore perlu measures are taken to improve these abilities.

Table 2. Acquisition of Children's Gross Motor Ability Values
Cycle I

No	Name	Instrument Items							Number of gains	Value (%)	Expected amount	Category
		1	2	3	4	5	6	7				
1	Aisha	1	2	2	2	2	2	2	13	46,43	75%	MB
2	Albyan	2	3	2	3	2	3	3	18	64,29	75%	BSH
3	Alesha	2	2	2	2	2	2	2	14	50,00	75%	MB
4	Alumna	1	1	2	2	2	2	2	12	42,86	75%	MB
5	Salsabila	1	1	2	2	2	2	2	12	42,86	75%	MB
6	Fawaz	3	2	3	2	2	3	2	17	60,71	75%	BSH
7	Alfiandra	2	2	2	2	2	2	3	15	53,57	75%	MB
8	Reynand	2	2	2	2	2	2	2	14	50,00	75%	MB
9	Rafif.s	3	2	3	2	3	2	2	17	60,71	75%	BSH
10	Sarah	2	2	2	2	2	2	2	14	50,00	75%	MB
11	Tadita	2	2	2	2	2	2	2	14	50,00	75%	MB
12	Rafif.a	1	1	2	2	2	1	2	11	39,29	75%	BB
13	Alifa	2	2	2	2	2	2	2	14	50,00	75%	MB
	Sum	2 4	2 4	2 8	2 7	2 7	2 7	2 8	185	50,82	75%	

Based on the data above, the average value in the first cycle is 50.82 % has not met the established research success criteria of 75%. Thus the study continued in cycle II. Based on the results of the first cycle analysis of gross motor ability through the medium of rhythmic gymnastics of children sholeh students of RA ASSA'ADAH, an average score of 14.23 was obtained. Meanwhile, judging from the results of the completion of student learning in the first cycle, there are 3 people, and those who have not been completed there are 10 people. Thus cycle I is declared unsuccessful in improving gross motor skills because it has not met the predetermined success criteria of 75%. Therefore the study proceeded to cycle II.

Table 3. Acquisition of Children's Gross Motor Ability Values
Cycle II

No	Name	Instrument Items							Amount earned	Value (%)	Expected amount	category
1	Aisha	3	4	3	4	3	3	3	23	82,14	75%	BSH
2	Albyan	4	4	3	4	3	3	3	24	85,71	75%	BSH
3	Alesha	4	4	3	4	3	3	3	24	85,71	75%	BSH
4	Alumna	4	3	4	3	3	3	4	24	85,71	75%	BSH
5	Salsabila	3	4	4	3	3	3	3	23	82,14	75%	BSH
6	Fawaz	3	4	4	3	3	3	3	23	82,14	75%	BSH
7	Alfiandra	3	3	4	3	4	4	3	24	85,71	75%	BSH
8	Reynand	4	4	3	3	3	3	4	24	85,71	75%	BSH
9	Rafif.s	4	4	3	3	3	3	4	24	85,71	75%	BSH
10	Sarah	3	3	3	4	3	3	3	22	78,57	75%	BSH
11	Tadita	4	4	3	3	3	3	3	23	82,14	75%	BSH
12	Rafif.a	3	3	4	3	3	3	3	22	78,57	75%	BSH
13	Alifa	4	3	3	3	3	3	3	22	78,57	75%	BSH
		4	4	4	4	4	4	4	302	82,96		
		6	7	4	3	0	0	2				

Based on the data above, the average value of pa da cycle II is 23.23 and has met the established research success criteria of 75%. Thus the study was stopped in cycle II. Based on the results of the cycle II analysis of gross motor abilities of students of group B RA ASSA'ADAH, an average score of 23.23 was obtained with an overall percentage of gain of 82.96%. This is in accordance with the expected success criteria of 75%. Meanwhile, judging from the results of the completion of student learning, all students are completed in cycle II. Thus cycle II was declared successful and the study was stopped.

Table 4. Results of Pre-cycle, cycle I and cycle II activities

No	Name	Pre Cycle		Cycle I		Cycle II	
		Amount earned	Value of %	Amount earned	Value of %	Amount earned	Value of %
1	Aisha	10	35,71	13	46,43	23	82,14
2	Albyan	10	35,71	18	64,29	24	92,86
3	Alesha	9	32,14	14	50,00	24	85,71
4	Alumna	8	28,57	12	42,86	24	85,71
5	Salsabila	8	28,57	12	42,86	23	82,14
6	Fawaz	9	32,14	17	60,71	23	89,29
7	Alfiandra	8	28,57	15	53,57	24	85,71
8	Reynand	9	32,14	14	50,00	24	85,71
9	Rafif.s	10	35,71	17	60,71	24	85,71
10	Sarah	8	28,57	14	50,00	22	78,57
11	Tadita	9	32,14	14	50,00	23	82,14
12	Rafif.a	8	28,57	11	39,29	22	78,57

13	Alifa	8	28,57	14	50,00	22	78,57
	Average	8,77	31,32	14,23	50,82	23,23	82,96

The results of the research that I conducted for 8 days from March 15, 2022-April 4, 2022 at RA ASSA'ADAH, there has been an improvement in gross motor terms in group B students. in cycle I there is an increase in terms of walking in place, bending, swinging and running compared to the pre-action time even though the value obtained has not reached the expected completion criteria. The value obtained in cycle I was the lowest value of 12 with a percentage of gains of 42.86% and the highest value of 18 with a percentage of gains of 64.29%. When compared with pre-action, in cycle I there was an increase in gross motor terms of 32.97%.

In cycle II, the lowest value was 22 with a percentage of 78.57% and the highest value was 24 dengan the percentage was 85.71%. When compared to cycle I, cycle II increased by 32.14%. overall in cycle II obtained an average percentage of 82.96%. This value has reached the set success criteria of 75%.

Based on observations of action in cycles I and II gross motor skills through gymnastics the rhythm of Anak Sholeh group B RA ASSA'ADAH has increased. This can be seen in the child's ability to perform gymnastic movements in a coordinated manner.

4. CONCLUSIONS

Based on the results of class action research that has been carried out on children of group B RA ASSA'ADAH in central Jakarta, it can be concluded as follows:

Learning by using the media of rhythmic gymnastics for children can improve gross motor skills. This is proven by the increase in rhythmic gymnastics activity in each cycle. In the pre-cycle before the action was carried out, it was obtained 31.32%. after being given action on cycle I the percentage achieved increased to 50.82% , and in cycle II increased again to 82.96%. From these results, it can be concluded that using the media of rhythmic gymnastics for sholeh children can improve gross motor skills in children of group B RA ASSA'ADAH kalibata tengah south jakarta.

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