

Gross Motor Skills Improvement through Modern Dance

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Abstract

The purpose of this study was to improve children's gross motor skills through modern dance. This research method is classroom action research that follows the model of Kemmis and Taggart. This research includes 2 cycles where each cycle includes 4 stages, namely planning, action, observation and reflection. Data is collected through observation, interviews and documentation. Data processing techniques use rubric success criteria with the highest score 4= children independently do it, 3= children are sometimes assisted by teachers, 2= children are often assisted by teachers, 1= children are assisted by teachers. The results showed that there was a significant increase in children's gross motor skills. This is evidenced by the average results of creative thinking skills in each cycle increased, namely in Cycle I=29%; Cycle 2=39%; and Cycle 3=87% and from the results of observations made concluded that children's gross motor skills through modern dance is a fun simulation method for learners. This study concluded that through modern dance can improve children's gross motor skills.

Keywords: Early childhood, Gross motor skills, Modern dance.

1 INTRODUCTION

Education for children is an effort to provide stimulation, guidance, nurturing, and provide activities that will produce children's abilities and skills. Every child will get a sensitive period, which is the time of maturity of physical and psychological functions, children are ready to respond to stimulation provided by the environment (Sujiono, 2009). Physical motor development aims to introduce children and train gross and fine movements, improve the ability of how children manage their bodies, control body movements and coordination abilities, and improve healthy lifestyles in children so as to support healthy, strong, and skilled physical growth (Samsudin, 2008). Gross motor is a physical movement that requires balance and coordination between limbs, using large muscles, part or all of the limb. For example, walking, running, jumping, and so on (Walujo & Listyowati, 2016).

There are 5 aspects of gross motor skills in children aged 5-6 years, including strength, balance, agility, flexibility, coordination. The five aspects are further reduced to: strength in the form of sitting squatting, balance in the form of lifting one leg, coordination in the form of throwing and catching balls, agility in the form of zigzag running activities, flexibility in the form of bending activities (Maghfiro, 2020). According to the Regulation of the Minister of Education and Culture of the Republic of Indonesia Number 137 of 2014 concerning Early Childhood Education Standards, indicators of gross motor development of children aged 5-6 years (group B) include children's abilities in: 1) performing coordinated body movements to train flexibility, balance, and agility, 2) coordinating eye-accomplice-head movements in imitating dance or gymnastics, 3) perform physical games with rules, 4) be skilled in using the right and left hands, 5) perform personal hygiene activities. The child's development stage is supported by the provision of rooms and activities that are good enough, so that children can develop these aspects of development optimally.

Dance is the beauty of the movement of human limbs that move, rhythmically and soulfully or can be given the meaning that dance is the beauty of the form of human limbs that move, rhythmic and harmonious spirit (Kussudiardjo, 2000). Modern Dance is made as entertainment and to improve children's gross motor skills (Idhayanti, Sari, & Sarwono, 2022). Almost all limbs are required to move. This Modern Dance is one of the modern or contemporary dances adapted from foreign music with a stomping rhythm so it is suitable for children. With this Modern Dance, students can express themselves at any time (Schreiber, Kovačević & Malada, 2020). This dance also provides an opportunity to express rhythm and movement. Furthermore, this dance is based on music and movement, develops an aesthetic sense of movement, develops concentration, observation and memory, self-discipline and focus, and encourages children to respect each other and work together so that it correlates with aspects of child development. According to Rachmi (2014), dance is a branch of art, where the medium of expression is gestures. Dance is a language of movement that becomes a tool of human expression as a universal communication medium that can be enjoyed by layers of society at any time. Dance is a type of art that is directly related to human body movements, the body is the tool and body movements are the medium (Rosari, 2013). Modern dance performed by young children is a creative form tailored for early childhood, featuring simple movements inspired by games, nature, and animals.

Based on the results of pre-actions conducted by researchers to teachers, it was stated that the gross motor skills of children in Little Sunshine Preschool and Kindergarten are currently still not optimal. Weaknesses in gross motor skills in children today are Lack of dance variety and time used during refreshment activities so that children are less excited. Many learners have difficulty in coordinating foot and hand movements simultaneously and lack of gross motor skills of children because the media and activities provided by teachers are less interesting and less precise. The results of children's learning show that there are still children who have gross motor skills that are not in accordance with expectations so that children's abilities against children's gross abilities have not been achieved.

These learning problems need efforts to improve the quality of learning, need to pay attention to changes in the learning process, one of which is marked by changes in methods. One method that can be applied exploratively is Modern Dance. With Modern Dance, it is hoped that the child's gross motor skills will develop more optimally which will later become a provision for him to go to a further level of education Based on these things, this study focuses on discussing the gross motor skills of students, By training gross motor skills provide many benefits for children. Such as, through learning gross motor skills the muscles of the child's body will become strong, the child's limbs get the opportunity to be moved, the child becomes dexterous in doing physical movements, and the child is more confident in doing all activities because the child knows his physical abilities and the child is ready to face challenges in the era of increasingly advanced technology that requires physical strength. As educators we need to innovate and make learning methods creative and fun for children.

2 RESEARCH METHODS

This study was conducted on children aged 5-6 years Little Sunshine Preschool and Kindergarten which is one of the early childhood education institutions from playgroup classes to kindergartens in Kota Bekasi, Indonesia. The sample used in this study was 15 Mamuju group children who were given classical and group learning models. This method involves all children in 1 class of 15 children. Teachers and researchers observed the child's gross motor skills during dancing. Assessment is carried out using observation sheets, interviews, and documentation.

In the initial step of research planning before taking action in the first cycle, there are several plans carried out, namely the teacher makes a written plan as outlined in the lesson plan and prepares equipment for dance activities. Furthermore, the teacher or researcher

takes actions that have been planned as an effort to improve or the learning process and desired learning achievement.

The actions taken by teachers are efforts to improve children's gross motor skills by preparing tools, explaining material, directing children, children to do activities with tools that have been provided by teachers or researchers. Observations are made during the learning process. Observations made in the learning process are the learning process, teacher activities, children's activities, children's responses and improving children's gross motor skills. At this stage, the teacher or researcher observes the impact or outcome of the actions applied to the child. Whether the actions performed can provide gross motor improvement of the child or not. If observations are recorded on a prepared form, the impressions that arise and everything that really happens are assisted by the teacher or researcher. This activity is carried out to find weaknesses and advantages of the implementation carried out, identify the obstacles faced, and analyze what happened.

This study used 10 instruments, namely: (1) Children are able to clap their hands while jumping, (2) Children are able to do thigh patting movements, (3) Children are able to swing their hands, (4) Children are able to swing their legs, (5) Children are able to do forward movements, (6) Children are able to do backward movements, (7) Children are able to roll their hands to the right, (8) Children are able to roll their hands to the left, (9) Children are able to clap their hands with the closest partner, (10) Children are able to perform dance movements that are in harmony with musical accompaniment.

3 RESULT AND DISCUSSION

To find the results, researchers made observations. Observations made by researchers in July 2023 as supporting data from the actual study. The action carried out in the pre-action study is to follow gross motor skills, in which the child dances and follows the movements while dancing led by the teacher, then the observer assesses the results of the child's movements. The teacher assesses the results of improving the motor skills of children's movements through Modern Dance.

Table 1. Gross Motor Score Acquisition Through Pre-Action Modern Dance

Description	Pre Action	Value (%)
Low Score	10	25%
High Score	15	37.5%
Mean	11.8	29%
Range of Values	5	12.5%

Based on the observation sheet of the assessment instrument, it is known that the lowest acquisition score is 10 with a percentage of 25%, the highest score is 15 with a percentage of 37.5% and the average score of acquisition is 11.8 with a percentage of 29% and has not met the expected success requirement of 75%, while the highest score with a percentage is 29%. This means that the gross motor skills of children in group B of Little Sunshine Preschool and Kindergarten are still low, so action needs to be given to improve creative thinking skills in cycle I.

Table 2. Acquisition of Gross Motor Skills through Modern Dance in Cycle I

Description	Cycle I	Value (%)
Low score	12	30%
High score	19	47.5%
Mean	15.3	39%
Range of Values	7	17.5%

Based on the observation sheet of the research instrument, it is known that the lowest acquisition score is 12 with a percentage of 30%, the highest score is 19 with a percentage of 47.5% and the average score of acquisition is 17.5 with a percentage of 39% and has not met the expected success requirement of 75%, while the highest score with a percentage is 47.5% and has not met The expected success rate requirement is 75%. This means that the gross motor skills of children in group B of Little Sunshine Preschool and Kindergarten are still low, so action needs to be given to improve creative thinking skills in cycle 2.

Table 3. Acquisition of Gross Motor Skills through Modern Dance in Cycle I

Description	Cycle II	Value (%)
Low score	30	75%
High score	39	98%
Mean	34.7	87%
Range of Values	9	23%

Based on the observation sheet of the research instrument, it is known that the lowest acquisition score is 30 with a percentage of 75%, the highest score is 39 with a percentage of 98%, the average obtained is 34.7 with a percentage of 87% and has met the requirements of the expected success value, namely by 75%. The results of obtaining the second cycle value have reached the specified success criterion, which is 75%. Then the study of these actions is not continued or stopped.

Table 4. Gross Motor Ability in Pre-Action, Cycle I, and Cycle II

Description	Pre-Action	Value (%)	Cycle I	Value (%)	Cycle II	Value(%)
Low score	10	25%	12	30%	30	75%
High score	15	37.5%	19	47.5%	39	98%
Mean	11.8	29%	15.3	39%	34.7	75%
Range of Values	5	12.5%	7	17.5%	9	23%

The results of a study conducted for 6 days from 17-26 Juli 2023 at Little Sunshine Preschool and Kindergarten, there has been an increase in gross motor skills in students in group B Mamuju. In cycle I there was an increase in value gain compared to pre-action time even though the value obtained in the cycle was the lowest value of 12 with a profit percentage of 30% and the highest value of 19 with a percentage of value gain of 47.5 %. When compared to pre-action, in cycle I there was an increase in gross motor skills through Modern Dance. In cycle II, the lowest value is 30 with a percentage of 75% and the highest value is 39 with a percentage of 98%. Overall in cycle II obtained an average percentage of 75%. This value has reached the success criterion set at 75%. Based on the success criteria of research on II cycle students in accordance with the success criteria of 16 children. Therefore, this action study is not continued in cycle III. This action is proven that Modern Dance simulation can improve children's gross motor skills.

4 CONCLUSION

Modern Dance can improve students' gross motor skills. The results of observation of the activity process through Modern Dance showed an increase in the average value of cycle I and cycle II pre-action. And also based on the criteria for learning success of pre-action learners, cycle I and cycle II have met the specified success criteria of 75%. With Modern Dance provides new learning innovations that can improve students' gross motor skills, so that students and educators can be creative in dance movements in the field of education.

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