

ABSTRAK

PERKEMBANGAN MOTORIK KASAR ANAK USIA 5-6 TAHUN DI TK AL-AZHAR 1 KECAMATAN KEDATON KOTA BANDAR LAMPUNG

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Penelitian ini bertujuan untuk mendeskripsikan perkembangan motorik kasar anak usia 5-6 tahun di TK Al-Azhar 1 berdasarkan tiga dimensi utama, yaitu keseimbangan, koordinasi visual motorik, dan koordinasi fisik. Penelitian menggunakan pendekatan deskriptif kuantitatif dengan teknik pengumpulan data melalui observasi terhadap 15 anak usia 5-6 tahun. Instrumen penelitian disusun berdasarkan indikator perkembangan motorik kasar yang meliputi kemampuan menjaga keseimbangan tubuh, koordinasi gerak dengan pengamatan visual, serta koordinasi anggota tubuh dalam aktivitas fisik. Hasil penelitian menunjukkan bahwa pada dimensi keseimbangan sebagian besar anak berada pada kategori Berkembang Sangat Baik (BSB) sebesar 60%, kategori Berkembang Sesuai Harapan (BSH) sebesar 33,3%, dan kategori Mulai Berkembang (MB) sebesar 6,7%. Pada dimensi koordinasi visual motorik, kategori BSB mencapai 66,7%, BSH 26,7%, dan MB 6,7%. Sementara itu, pada dimensi koordinasi fisik diperoleh hasil BSB sebesar 60%, BSH 33,3%, dan MB 6,7%. Tidak terdapat anak pada kategori Belum Berkembang (BB) pada seluruh dimensi penelitian. Temuan penelitian menunjukkan bahwa kemampuan motorik kasar anak usia 5-6 tahun di TK Al-Azhar 1 telah berkembang dengan baik sesuai tahap perkembangan usia dini. Perkembangan tersebut dipengaruhi oleh kematangan sistem saraf dan otot, serta stimulasi aktivitas fisik yang diberikan melalui lingkungan sekolah dan kegiatan bermain anak. Dengan demikian, perkembangan motorik kasar anak berada pada kategori optimal dan mendukung kesiapan anak dalam aktivitas pembelajaran maupun interaksi sosial di lingkungan sekolah.

Kata kunci: motorik kasar, keseimbangan, koordinasi visual motorik, koordinasi fisik, anak usia dini.

ABSTRACT

GROSS MOTOR DEVELOPMENT OF CHILDREN AGED 5-6 YEARS AT TK AL-AZHAR 1 KEDATON DISTRICT BANDAR LAMPUNG CITY

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This study aimed to describe the gross motor development of children aged 5-6 years at TK Al-Azhar 1 based on three main dimensions: balance, visual-motor coordination, and physical coordination. The study employed a quantitative descriptive approach with data collected through observations of 15 children aged 5-6 years. The research instrument was developed based on indicators of gross motor development, including body balance, coordination between movement and visual observation, and body coordination during physical activities. The findings revealed that in the balance dimension, most children were categorized as Developing Very Well (BSB) at 60%, Developing as Expected (BSH) at 33.3%, and Beginning to Develop (MB) at 6.7%. In the visual-motor coordination dimension, the BSB category reached 66.7%, BSH 26.7%, and MB 6.7%. Meanwhile, in the physical coordination dimension, the results showed 60% in the BSB category, 33.3% in the BSH category, and 6.7% in the MB category. No children were categorized as Not Yet Developed (BB) in all research dimensions. The results indicate that the gross motor skills of children aged 5-6 years at TK Al-Azhar 1 have developed well according to early childhood developmental stages. This development is influenced by the maturity of the nervous and muscular systems, as well as physical activity stimulation provided through the school environment and children's play activities. Therefore, children's gross motor development can be categorized as optimal and supportive of their readiness for learning activities and social interactions in the school environment..

Keywords: gross motor skills, balance, visual-motor coordination, physical coordination, early childhood.