

## ABSTRAK

### PENGARUH KEGIATAN SENAM TERHADAP PERKEMBANGAN MOTORIK KASAR ANAK USIA 5-6 TAHUN DI TK AISYIYAH 1 BANDAR LAMPUNG

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Penelitian ini bertujuan untuk mengetahui pengaruh kegiatan senam terhadap perkembangan motorik kasar anak usia 5–6 tahun. Latar belakang penelitian ini didasarkan pada pentingnya stimulasi fisik pada anak usia dini, khususnya dalam mengembangkan kemampuan motorik kasar yang melibatkan otot-otot besar seperti berlari, melompat, dan menjaga keseimbangan. Kegiatan senam dipilih sebagai salah satu bentuk stimulasi yang efektif karena dilakukan secara terstruktur, ritmis, dan menyenangkan bagi anak. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian *ex post facto*, di mana peneliti tidak memberikan perlakuan langsung, melainkan mengamati fenomena yang telah berlangsung. Subjek penelitian adalah anak kelompok B usia 5–6 tahun di TK Aisyiyah 1 Bandar Lampung. Teknik pengumpulan data dilakukan melalui observasi dengan menggunakan instrumen yang mengacu pada indikator perkembangan motorik kasar anak. Analisis data menggunakan analisis deskriptif persentase dan uji korelasi Spearman Rank. Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan antara kegiatan senam dengan perkembangan motorik kasar anak usia 5–6 tahun. Dengan demikian, kegiatan senam dapat dijadikan sebagai salah satu metode yang efektif dalam menstimulasi perkembangan motorik kasar anak usia dini.

**Kata Kunci:** Kegiatan Senam, Perkembangan Motorik Kasar, Anak Usia 5-6 Tahun, PAUD

## **ABSTRACT**

### **THE EFFECT OF GYMNASTICS ACTIVITIES ON THE GROSS MOTOR DEVELOPMENT OF CHILDREN AGED 5–6 YEARS AT TK AISYIYAH 1, BANDAR LAMPUNG**

**By**

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This study aims to determine the effect of gymnastics activities on the gross motor development of children aged 5–6 years. The background of this study is based on the importance of physical stimulation in early childhood, particularly in developing gross motor skills involving large muscles such as running, jumping, and maintaining balance. Gymnastics activities were chosen as an effective form of stimulation because they are carried out in a structured, rhythmic, and enjoyable manner for children. This study employed a quantitative approach with an ex post facto research design, in which the researcher did not provide direct treatment but observed phenomena that had already occurred. The subjects of this study were Group B children aged 5–6 years at TK Aisyiyah 1, Bandar Lampung. Data were collected through observation using instruments based on indicators of children's gross motor development. Data analysis was conducted using descriptive percentage analysis and the Spearman Rank correlation test. The results of the study indicate that there is a significant effect of gymnastics activities on the gross motor development of children aged 5–6 years. Therefore, gymnastics activities can be considered an effective method for stimulating gross motor development in early childhood.

**Keywords:** Gymnastics Activities, Gross Motor Development, Children Aged 5–6 Years, Early Childhood Education (ECE)