

ABSTRAK

PENGARUH KEGIATAN BERMAIN LEMPAR TANGKAP DAN ESTAFET TERHADAP PERKEMBANGAN MOTORIK KASAR ANAK USIA 5-6 TAHUN DI TK BAITURRAHMAN PARUNG PANJANG

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Permasalahan dalam penelitian ini adalah rendahnya kemampuan motorik kasar anak usia 5-6 tahun di TK Baiturrahman Parung Panjang. Peneliti bertujuan untuk menganalisis (1) pengaruh kegiatan bermain lempar tangkap terhadap perkembangan motorik kasar anak usia 5-6 tahun, (2) pengaruh kegiatan bermain estafet terhadap perkembangan motorik kasar anak usia 5-6 tahun, (3) perbedaan pengaruh kegiatan bermain lempar tangkap dan estafet terhadap perkembangan motorik kasar anak usia 5-6 tahun. Metode penelitian menggunakan *quasi eksperiment* dengan desain *two group pretest and posttest*. Populasi penelitian berjumlah 60 orang anak kelompok B sehingga sampel berjumlah 60 orang menggunakan teknik *sampling* jenuh. Teknik pengumpulan data menggunakan lembar observasi yang telah di uji validitas dan dinyatakan semua indikator valid, kemudian uji reliabilitas menggunakan *alpha cronbach* dan dinyatakan reliabel dengan nilai reliabilitas 0,904. Hasil penelitian menunjukkan rata-rata skor *N-Gain* pada kelas eksperimen sebesar 59,25% (cukup efektif), dan kelas kontrol sebesar 38,16% (tidak efektif). Kemudian hasil pengujian menggunakan uji t didapatkan nilai *sig. (2-tailed)* sebesar ($0,000 < 0,05$), terdapat pengaruh kegiatan lempar tangkap dan estafet terhadap perkembangan motorik kasar anak usia 5-6 tahun.

Kata kunci : motorik kasar anak, lempar tangkap, estafet, anak usia 5-6 tahun

ABSTRACT

THE EFFECT OF CATCHING AND RELAY GAMES ON THE GROSS MOTOR DEVELOPMENT OF CHILDREN AGED 5-6 YEARS AT TK BAITURRAHMAN PARUNG PANJANG

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The problem in this research is the low gross motor skills ability of children aged 5-6 years at TK Baiturrahman Parung Panjang. The researcher aims to analyze (1) the effect of catch-and-throw play activities on the gross motor development of children aged 5-6 years, (2) the effect of relay play activities on the gross motor development of children aged 5-6 years, (3) the difference in the effects of catch-and-throw play activities and relay activities on the gross motor development of children aged 5-6 years. The research method uses a quasi-experimental approach with a two-group pretest and posttest design. The research population consists of 60 children in group B, so the sample size is 60 using saturated sampling technique. Data collection technique uses observation sheets that have been tested for validity and all indicators are declared valid, followed by reliability testing using Cronbach's alpha and declared reliable with a reliability value of 0.904. The research results show an average N-Gain score in the experimental class of 59.25% (fairly effective), and in the control class of 38.16% (not effective). Furthermore, the t-test results obtained a sig. value (2-tailed) of ($0.000 < 0.05$), indicating that there is an effect of catch-and-throw and relay activities on the gross motor development of children aged 5-6 years.

Keywords: gross motor skills in children, catching games, relay games, children aged 5-6 years