

ABSTRAK

PENGARUH GERAK DAN LAGU TERHADAP KECERDASAN KINESTETIK ANAK USIA 5-6 TAHUN

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Permasalahan ini dilatar belakangi oleh permasalahan beberapa keseimbangan dan kordinasi pada anak yang masih kurang, anak masih membutuhkan bantuan guru ketika melewati papan titian, dan beberapa anak masih kesulitan untuk memahami instruksi untuk melakukan gerakan olahraga. Penelitian ini dilaksanakan di TK AL Hairiah Kec. Rajabasa, Kota Bandar Lampung. Penelitian ini bertujuan untuk mengetahui apakah terdapat pengaruh gerak dan lagu terhadap kecerdasan kinestetik anak usia 5-6 tahun. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis *pre- eksperimen* dan desain penelitian *one group pretest dan posttest*. Sampel penelitian berjumlah 37 anak yang diambil menggunakan teknik *porpositive sampling*. Teknik pengumpulan data dilakukan melalui observasi menggunakan lembar ceklis, sedangkan analisis data dilakukan dengan uji hipotesis menggunakan *Uji Wilcoxon*. Hasil penelitian menunjukkan bahwa variasi penggunaan gerak dan lagu berpengaruh signifikan terhadap kecerdasan kinestetik anak yang dibuktikan dengan nilai *Asym.sig* sebesar $0,000 < 0,05$. Kecerdasan kinestetik anak dapat di lihat berdasarkan indikator kordinasi mata, kordinasi mata, gerakan, kekuatan otot, waktu, jarak, kecepatan, kelincahan, kekuatan otot, postur, kelenturan sendi, kelenturan otot, kekuatan dan kecepatan.

Kata kunci: Gerak dan lagu, kecerdasan kinestetik, anak usia dini.

ABSTRACT

THE EFFECT OF MOVEMENT AND SONG ON KINESTHETIC INTELLIGENCE OF EARLY CHILDHOOD AGED 5-6 YEARS

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This problem is caused by the problem of balance and coordination in children who are still lacking, children still need teacher assistance when crossing the bridge, and some children still have difficulty understanding instructions for doing sports movements. This research was conducted at AL Hairiah Kindergarten, Rajabasa District, Bandar Lampung City. This study aims to determine whether there is an influence of movement and songs on the kinesthetic intelligence of children aged 5-6 years. This study uses a quantitative approach with a pre-experimental type and a group pretest and posttest research design. The research sample consisted of 37 children taken using purposive sampling techniques. Data collection techniques were carried out through observation using a checklist sheet, while data analysis was carried out by hypothesis testing using the Wilcoxon test. The results showed that variations in the use of movement and songs had a significant effect on children's kinesthetic intelligence as evidenced by the Asym.sig value of $0.000 < 0.05$. Children's kinesthetic intelligence can be seen based on indicators of eye coordination, eye coordination, movement, muscle strength, time, distance, speed, agility, muscle strength, posture, joint flexibility, muscle flexibility, strength and speed.

Keywords: *Movement and song, kinesthetic intelligence, early childhood.*