

ABSTRAK

PENGARUH GERAK TARI BEDANA TERHADAP PENINGKATAN KEMAMPUAN MOTORIK KASAR PADA ANAK TUNAGRAHITA DI SAHABAT DIFABEL LAMPUNG

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Penelitian ini merupakan penelitian *eksperimen* dengan desain *one group pretest–posttest* yang bertujuan mengetahui pengaruh gerak tari Bedana terhadap peningkatan kemampuan motorik kasar anak tunagrahita di Sahabat Difabel Lampung. Subjek penelitian berjumlah 12 anak tunagrahita yang dipilih dari 20 orang berdasarkan adanya hambatan pada aspek motorik kasar. Kemampuan motorik kasar diukur menggunakan tes psikomotorik yang mencakup tiga aspek, yaitu lokomotor, non-lokomotor, dan manipulatif, dengan indikator menyilangkan kaki, berjalan, menekuk, melompat, dan melempar bola. Instrumen penilaian disusun berdasarkan indikator tersebut dan telah dikonsultasikan kepada ahli sebagai bentuk validitas isi, sehingga setiap butir dinilai sesuai dengan kebutuhan penelitian. Penelitian berlangsung sejak instrumen dinyatakan layak, dengan pemberian *treatment* gerak tari Bedana sebanyak 16 kali dalam jadwal yang terstruktur. Data dikumpulkan melalui *pretest* sebelum *treatment* dan *posttest* setelah seluruh latihan selesai, kemudian dianalisis secara kuantitatif menggunakan nilai rata-rata, uji normalitas, serta uji hipotesis *paired sample t-test*. Hasil analisis menunjukkan adanya peningkatan nilai rata-rata dari 58,1 saat *pretest* menjadi 73,9 pada *posttest*, dengan nilai signifikansi $0,000 < 0,05$, sehingga (H_0) ditolak dan (H_a) diterima. Temuan ini menegaskan bahwa, gerak tari Bedana berpengaruh signifikan terhadap peningkatan kemampuan motorik kasar anak tunagrahita, sehingga layak direkomendasikan sebagai alternatif terapi motorik kasar bagi anak berkebutuhan khusus.

Kata Kunci: gerak tari bedana, motorik kasar, anak tunagrahita.

ABSTRACT

EFFECT OF BEDANA DANCE MOVEMENTS ON IMPROVING GROSS MOTOR SKILLS OF CHILDREN WITH INTELLECTUAL DISABILITIES AT SAHABAT DIFABEL LAMPUNG

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This study employed an experimental method using a one-group pretest–posttest design aimed at determining the effect of Bedana dance movements on improving gross motor skills of children with intellectual disabilities at Sahabat Difabel Lampung. The research subjects consisted of 12 children with intellectual disabilities selected from a total of 20 children based on the presence of impairments in gross motor aspects. Gross motor skills were measured using a psychomotor test covering three aspects, namely locomotor, non-locomotor, and manipulative skills, with indicators including crossing legs, walking, bending, jumping, and throwing a ball. The assessment instrument was developed based on these indicators and was reviewed by experts as a form of content validity, ensuring that each item was appropriate for the research objectives. The study was conducted after the instrument was declared feasible, with Bedana dance movement treatment administered 16 times in a structured schedule. Data were collected through a pretest before the treatment and a posttest after all training sessions were completed, then analyzed quantitatively using mean scores, normality tests, and hypothesis testing with a paired sample t-test. The results showed an increase in the average score from 58.1 in the pretest to 73.9 in the posttest, with a significance value of $0.000 < 0.05$, indicating that H_0 was rejected and H_a was accepted. These findings confirm that Bedana dance movements have a significant effect on improving gross motor skills of children with intellectual disabilities and can therefore be recommended as an alternative gross motor therapy for children with special needs.

Keywords: *bedana dance movements, gross motor skills, children with intellectual disabilities.*