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Increasing Gross Motor Ability of Group B Students through Laciba Exercise at Dharma Indria 1 Kindergarten in Patrang District of Jember Regency in Academic Year of 2016/2017

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ABSTRACT

This research was carried out because the learning activities applied by the teacher were monotonous, resulting in suboptimal development of the gross motor skills of group B children. The purpose of this study was to improve the gross motor abilities of children through Laciba exercise. This study was classroom action research (CAR) carried out in two cycles. The research subjects were group B children in Dharma Indria 1 Kindergarten involving 26 children, which consisted of 15 boys and 11 girls. Data collection methods included observation, documentation, interviews, and performance tests. The results showed that the gross motor abilities of group B children in Dharma Indria 1 Kindergarten improved, achieving *excellent* criteria. The average grade in the pre cycle was 46.15, followed by an increase in the first cycle at 61.77. Eventually, in the second cycle it increased to 86.77.

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INTRODUCTION

Children experience rapid growth and development, which will not be repeated in the future. The golden age in children cannot be overlooked, because it only happens once in a child's life. In addition, the golden age of children cannot be repeated in his life. The stimulations obtained by the child at this time will be very useful for survival in the future. As such, the growth and development of the child must be balance. The aspects of early childhood development that need to be achieved include physical motor, cognitive, social

emotional, moral, religion, and language. Children have their own characteristics in that they are very active, dynamic, and incredibly curious about what they see and what they hear, and as if they will not stop learning. In essence, early childhood has a unique nature, during which they express spontaneous behavior, active and energetic. In addition, they are also egocentric, incredibly curious, and enthusiastic for many things, as well as explorative and adventurous. Children are generally rich in fantasy, yet still easily frustrated. They are still lack of consideration in acting. Children have a short attention span. Childhood is the most potential learning period and children increasingly show interest in friends (Solehuddin Setyaningrum 2013:4).

Early childhood education (also known as *PAUD*) is an education provided to children aged 0-6 years to help their growth and development to be ready to proceed to further education. Early childhood education is very important to support their development in every aspect of a child's development. One aspect of child development that needs to be developed is the motor physical aspect. According to Sumantri (2005:33), physical development is a matter that becomes the basis for the next progress [3]. Motor development is the development of controlling physical movements through physical coordination and muscle activities (sumantri.2005:41) [4]. Physical and motor development cannot be separated because they support each other. When the physical develops well, it allows the children to be able to further develop his motor skills, and explore the environment with the help of others. Motor development includes severe motor and fine motor. According to Decaprio, (2013:18) gross motor movements are movements that only involve certain body parts and are carried out by large muscles, such as the skill of using large muscles [5]. Gross motor movement requires all parts of the body, but requires careful vision and proper hand coordination. One of the activities that require coordination of the legs and arms is gymnastics. Laciba exercises can improve gross motor skills.

Based on observations at the KKMT Posdaya grouped by Dharma Indria 1 Kindergarten, out of 26 students consisting of 11 boys and 15 girls, there were 9 children whose gross motor skills had not developed optimally. In gross motor, less attention is given to the gross motor learning activities that children usually do, so that children are bored with the activities they do. Activities and media that are used in learning are monotonous and uninteresting. Teachers use more magazines in learning and activities that are often carried out to develop children's gross motor skills, such as throwing balls, playing apian trains, and walking around the TK complex

Addressing the problems that arise in learning in the Dharma Indria 1 Kindergarten group B, a classroom action research was carried out particularly aimed at the learning improvements through fun and attractive activities. The teacher can provide activities using Laciba gymnastics to improve a child's gross motor skills. Laciba gymnastic activities can be carried out before entering class or before learning begins. Laciba's gymnastics has varied movements, music and songs that have their own characteristics because of the original songs and music from the Banyuwangi regency.

Based on the background abovementioned, the present study focused on "Increasing Gross Motor Ability of Group B Students through Laciba Exercise at Dharma Indria 1 Kindergarten in Patrang District of Jember Regency in Academic Year of 2016/2017"

METHODOLOGY

The study was conducted in Jember Permai 1 Kindergarten in Summersari district of Jember regency in the even semester of the 2016/2017 academic year. The subjects of this study were 26 children in B2 group in the academic year of 2016/2017, consisting of 11 boys and 15 girls.

This research was classroom action research (CAR) with qualitative and quantitative data analysis techniques. The research design consisted of four stages, namely planning, planning, observation, and reflection. Data collection methods used in this study were observation, interviews, documentation, and tests.

Observations used in this study were observations of learning to improve fine motor skills administered by the teacher. Observation was carried out before the action and during the implementation of the action. The pre-action observation aimed to observe the process of learning fine motor skills carried out by teacher group B in Dharma Indria 1 Kindergarten. Furthermore, observations at the time of the action aimed to observe the activities of the teacher and children during the implementation of the action and to assess the children's gross motor skills. Observation was carried out directly on the learning process by the teacher and assisted by colleagues as observers.

Interviews in this study were conducted before and after the action. The interview before the action was intended to obtain initial information about the implementation of learning and the media used by the teacher in improving children's fine motor skills. Meanwhile, interviews after the action were intended to determine the responses of teacher and child group B regarding learning activities carried out by researchers using Laciba gymnastics in improving their gross motor skills.

Documentation was needed to obtain documents as sources of information in research. The documents included: (1) Dharma Indria 1 Kindergarten profile; (2) list of group B students; (3) list of kindergarten teachers; (4) plan for implementing instructional activities (RPPH); (5) a list of scores of child development related to mastery through gross motor skills before and after the action; and (6) photo of the activities.

The test was used to measure the increase in learning outcomes of children in the B kindergarten group Dharma Indria 1 in Patrang sub-district of Jember regency in 2016/2017 academic year. The test was used to examine possible increase in gross motor skills of children. The type of test used in this study was a performance test. Performance test was used to measure the extent of improvement in motor abilities of children in group B at Dharma Indria 1 Kindergarten in Patrang district of Jember regency in Laciba Gymnastic activities, aimed to improve the gross motor skills of children, especially in large muscles.

The data analysis under investigation were descriptive qualitative data analysis and quantitative descriptive data analysis. Qualitative data in this study were obtained from the results of interviews before and after the action, while the quantitative data in this study were obtained from observations, the children's scores before the action, and the results of the child's performance test subsequent to the action in each cycle.

The individual student's achievement is analyzed using the following formula.

$$pi = \frac{\sum srt}{\sum si} \times 100 \quad (6)$$

Where

- pi : individual achievement
- srt : actual achievement
- si : presumed achievement
- 100 : Constanta

(Source: Masyhud, 2015: 53)

The following formula was operative to find out the class average score.

$$M = \frac{\sum x}{N} \quad (7)$$

Where:

M : mean (rata-rata)

$\sum x$: total scores

N : the number of scores

(Source: Magsun., et al. 1992:23)

To find out the frequency of students' average score, the following formula is applied.

$$fr = \frac{f}{ft} \times 100\% \quad (8)$$

Where:

Fr : relative frequency

F : frequency with percentage under analysis

Ft : Number of cases (individual)

(Source: Magsun., et al. 1992:23)

The criteria for success in improving the gross motor skills of group B children through Laciba exercise both individually and in groups/classics included the followings.

- 1) If the test score obtained by the group reaches ≥ 61 , then the children meet the passing criteria and their gross motor skills increase through Laciba gymnastics activities

If the test value obtained by the group reaches ≥ 61 , then learning in that group can be said to be complete, so it can be concluded that through Laciba gymnastics activities in learning for children in group B Dharma Indria 1 Kindergarten Patrang District Jember Regency 2016/2017 improve children's gross motor skills.

RESEARCH AND DISCUSSION

The study was conducted in Jember Permai 1 Kindergarten in Summersari district of Jember regency in the even semester of the 2016/2017 academic year. The subjects of this study were 26 children in B2 group in the academic year of 2016/2017, consisting of 11 boys and 15 girls.

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- Fr : relative frequency
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- Ft : Number of cases (individual)

(Source: Magsun., et al. 1992:23)

The criteria for success in improving the gross motor skills of group B children through Laciba exercise both individually and in groups/classics included the followings.

- 2) If the test score obtained by the group reaches ≥ 61 , then the children meet the passing criteria and their gross motor skills increase through Laciba gymnastics activities

If the test value obtained by the group reaches ≥ 61 , then learning in that group can be said to be complete, so it can be concluded that through Laciba gymnastics activities in learning for children in group B Dharma Indria 1 Kindergarten Patrang District Jember Regency 2016/2017 improve children's gross motor skills.

CONCLUSION

Based on the research results and discussion, the study has drawn the following conclusions.

- 1) Laciba gymnastic activities in learning improve gross motor skills, as marked in both cycles. Cycle 1 is done by explaining and sending examples to children about gymnastic proper movements according to the rhythm of Laciba gymnastics songs and music. The second cycle is carried out almost the same as the first cycle, but in the second cycle there are additional rules in gymnastics, that is children marching with and mingling with other friends so they are encouraged to play with their friends. In Cycle II, the teacher does not give an example anymore and the children carried out gymnastics on their own without the help of the teacher.
- 2) Laciba gymnastic activities improves the gross motor skills of children in group B in the Dharma Indria 1 Kindergarten in Patrang district of Jember Regency in the 2016/2017 academic year increased. The average grades in the pre-cycle, cycle I, and cycle II are 46.15, 61.77 and 86.77, respectively.

Based on the results of these studies, the following suggestions are proposed.

- 1) Teachers of group B should make variations in learning for children's gross motor skills and they should try to do gymnastics before learning begins, so that gross motor skills develop optimally
- 2) The principals should facilitate increased competence for teachers in the field of gross motor improvement of children and should advise teachers to apply Laciba Gymnastics to improve their gross motor skills.

The future researchers can use the results of present study as a reference for conducting similar research, especially the broader scope and useful for the development of education.

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