

Efforts to Improve Children's Gross Motor Skills (Body Balance) Through the Traditional Game Engklek Class I SD IT Hidayatul Jannah

Masriana¹, Suyono², Sri Rahmayanti Berutu³, Karfika Suci Ramadani⁴

^{1,2,3,4}North Sumatra State Islamic University, Faculty of Tarbiyah and Teacher Training Madrasah Ibtidaiyah Teacher Education

Email: masriana2802@gmail.com

Abstract – This research aims to find out to what extent playing crank can improve the gross motor skills (body balance) of Grade 1 children at SD IT Al Hidayatul Jannah. The type of research used is classroom action research using descriptive analysis methods. Data obtained from observations were analyzed using qualitative descriptions by processing data from observations in the engklek game activity. The subjects in this research were 20 grade 1 students. The results of this research showed that the results of the engklek game activity were almost 100% complete in the game, out of 20 students there were only 3 students who did not complete this balance training game, because they did not understand how to play and did not pay attention to the information provided by the examiner. This shows an increase in learning outcomes for gross motor skills (body balance) carried out in the traditional engklek game.

Keywords : Gross Motor, Body Balance, Traditional Games, Engklek

1. INTRODUCTION

National education functions to develop abilities and shape the character and civilization of a dignified nation in order to make the nation's life more intelligent, aimed at developing the potential of students to become human beings who have faith and are devoted to God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent, and become democratic and responsible citizens. (Article 3 of Law Number 20 of 2003). In the physical education learning process, teachers must be able to teach various basic movement skills, sports techniques and strategies, internalize values (sportsmanship, honesty, cooperation) from adopting a healthy lifestyle. The implementation is not through conventional teaching in the classroom which is a theoretical study, but involves physical, mental, intellectual, emotional and social elements. Physical motor development, especially a child's body balance, also includes efforts to optimize the growth and development of the child's body through types of play activities that support their development. (Edo Pahlawan 2018, 27).

This research conducted observations of the problems that occurred at SD IT Hidayatul Jannah in Class I which showed that efforts to improve children's body balance abilities had been made through various games, but many were not creative and these games did not stimulate the child's body balance. Considering that the body's balance ability is very important for optimizing other physical motor skills, it is necessary to train children's body balance which must be stimulated well. Likewise, in play activities, it is hoped that children will develop well in accordance with the goals of physical development. So traditional games are known to have several advantages over modern games at this time. Traditional games can introduce, preserve and increase love for the nation's cultural heritage and the noble values contained therein. In the current era, several Indonesian education experts are trying to revive and preserve traditional games amidst the incessant influence of modern culture and technology. This research aims to improve children's gross motor skills (body balance) through the traditional game of engklek in class III of SD IT Hidayatul Jannah.

2. RESEARCH METHODOLOGY

The research method used is a qualitative approach with descriptive methods. Qualitative is a term for research and interpretation methods that produce descriptive data in the form of written human words that can be observed. (Rujakat 2018, 17). According to Sugiyono, qualitative research methods are methods used to examine the condition of natural objects where the researcher is the key instrument. (Sugiyono 2016, 13). Descriptive research is a research strategy in which the researcher investigates events and phenomena in the lives of individuals and asks a person or group of individuals to tell about their lives. The information was then retold by the researcher in a descriptive chronology. (Khoiri 2019, 5)

To produce results through the use of qualitative methods, researchers must investigate various sources, techniques, and theories in the field. This research was conducted at SD IT Hidayatul Jannah at the end of the even semester which was held on May 28 2024 and June 3 2024. The research subjects were 20 class I students, then we divided them into 4 groups and each group consisted of 5 students. The aim of this research is to determine efforts to improve children's gross motor skills (body balance) through the traditional game of engklek in Class I of SD IT Hidayatul

Jannah. Data collection techniques use observation and documentation. Data collection tools use observation sheets and cameras to document traditional engklek game activities.

3. RESULTS AND DISCUSSION

This research was carried out in class 1, totaling 20 students, which we divided into 4 groups, each group consisting of 5 people. Before carrying out this action, the researcher first made observations regarding the problem for 1 day to find out the extent of the child's gross motor skills in terms of body balance when doing physical motor learning or playing with friends during recess. The research data obtained was in the form of observation data from observations in the learning process for each group.

In this classroom action research, the researcher used actions consisting of 2 stages. The first stage is the field observation stage to determine children's balance abilities when playing and doing activities, and the second stage is the field experiment stage in the form of observing the gross motor skills (body balance) of children in class I of SD IT Hidayatul Jannah.

In the first group there were 2 children who did not complete the gross motor skills of children's body balance. In the second and third groups, all students completed the traditional game of engklek, which has quite perfect balance. And finally, in group 4 there was only 1 child who did not complete the gross motor skills of body balance. Based on this research, it really shows that the crank game is more popular with children compared to ordinary activities which do not contain relationships in learning which improves gross motor development of children's body balance. There are only 3 children whose physical readiness is not optimal, the children still find it difficult to play. Children lack understanding in asking and answering questions when the teacher explains how to play crank. Children also pay less attention before the engklek game activity begins.

This method is done so that students can receive maximum learning. The teacher invites students to play in competitions to attract more student interest. This can be seen that students are more competitive, enthusiastic and enthusiastic, so that the assessment of children's abilities can meet performance indicators. In general, it can be concluded that the traditional game of engklek can improve the gross motor skills (body balance) of children in class I of SD IT Hidayatul Jannah..

4. CONCLUSION

Some conclusions from the results of the research that have been carried out are that efforts to improve children's gross motor skills (body balance) through the traditional game of engklek in Class I of SD IT Hidayatul Jannah were carried out by involving several stages in the research process, namely observation and experimentation of the traditional game. And this traditional game of engklek has satisfactory results in terms of success in measuring or knowing the extent of gross motor skills in children's body balance. This game is suitable to be used to determine students' abilities in terms of gross motor skills in terms of body balance. There were only 2 students who did not complete this traditional game, based on the results of observations the incompleteness was because the students did not understand how to play and did not focus on listening to information on how to play, and the other 18 children completed the traditional engklek game. With the efforts made, the traditional game of engklek is the right method to train and improve children's gross motor skills and body balance.

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