

Gross Motoric Before and After Given the Stimulation of Games in As Syariah Kindergarten of Jember

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Abstract:

This study employed a pre-experimental research design with a population of 29 respondents. A sample of 27 respondents was selected using simple random sampling. Data collection was conducted using observation sheets, and data analysis was performed using the Paired Sample t test. The study revealed that prior to engaging in the traditional game of snakes and ladders, all respondents were categorized as having underdeveloped gross motor skills (BB) (100%). However, after playing the traditional game of snakes and ladders, most respondents were classified as having significantly improved gross motor skills (BSB) (93%). The analysis indicated a significant influence of the traditional game of snakes and ladders on gross motor skills in children, with a significant result (2-tailed $0.000 \leq 0.05$). The difference in gross motor skills in kindergarten children before and after being given stimulation through the Snakes and Ladders Game has a positive effect on children's gross motor skills. Playing snakes and ladders provides stimulation that can enhance the gross motor skills of children aged 4-5 years. Therefore, the traditional game of snakes and ladders can be used as a stimulation tool to optimize the development of underdeveloped gross motor skills.

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INTRODUCTION

Motor skills are all movements carried out by the whole body. Meanwhile, gross motor skills are physical activities that involve the coordination of large muscles such as the arms, leg muscles, shoulder muscles, back muscles, and stomach which are influenced by the child's physical maturity, such as running, jumping, throwing, walking slowly and quickly, rolling, and tiptoeing (Ulfah et al., 2021). Gross motor skills are movements that involve large muscles. Gross motor skills require several elements, including speed, strength, endurance, agility, flexibility, coordination, and balance (Dini, 2022). In 2020, 35.4% of children in Indonesia suffered gross motor deviations (Soedjatmiko & Hartati, 2021).

Children's gross motor skills will develop according to their age. Adults do not need to provide assistance with a child's large muscle strength. If the child is mature, then the child will automatically carry out the movements that are time to do them (Ellinawati et al., 2021). The development of gross motor skills in children will be earlier than fine motor skills because children are not yet able to control the movements of their fingers for fine motor skills such as cutting and scoring, for example, children are more likely to hold large objects than small ones (Rismadani et al., 2022).

The snake and ladder game is a game played by 2 or more people using dice and there are boxes and pictures of ladders and snakes (Wati, 2021). The Snakes and Ladders game is a game that uses dice to determine how many steps the pieces have to take. The snake board itself is in the form of a picture of boxes consisting of 10 rows and 10 columns with numbers 1-100 and has pictures of snakes and ladders (Fransisca et al., 2020). The snakes and ladders game media can be used to help all aspects of children's development (Audina et al., 2022).

Preliminary study conducted at As-Syariah Rambipuji Kindergarten Jember when given game indicators related to gross motoric development of children, out of 10 children aged 4-5 years that the ability had not yet developed, 70% had not been able to carry out activities that were swinging, 70% had not been able to throw ball in a directed manner, 70% showed not being able to jump, running in a coordinated manner, 70% had not been able to kick the ball in a directed manner. based on observations related to learning activities carried out in As-Syariah Kindergarten. In addition to observations, information was obtained from the teacher that he only taught morning exercises, playing slides, swings, writing activities, counting, cutting paper. The results of the researcher's evaluation of gross motor development aged 4-5 years in As-Syariah Kindergarten are BB 70%, BSH 30%.

METHOD

This research is pre-experimental research, to find out the effect of the stimulation of games toward gross motoric. In this study, researchers studied the difference between the age of the mother during pregnancy with stunting toddlers and the category of stunting toddlers in stunting toddlers. In this study, pre-school age children who were group A students in As-Syariah Kindergarten, aged 4-5 years, totaled 29 people whose development was BB (Not yet Developed). In this study, the sample was the age of pregnant women with stunting children calculated using the slovin formula to get a sample of 123.

In this study, the independent variable was gross motor development of kindergarten children before being stimulated by snakes and ladders game and the dependent variable was gross motor development of kindergarten children after being stimulated by snakes and ladders game.

RESULT

Table 1. Distribution of Respondent Gender and Gross Motor (n=62)

Variable	Frequency (f)	Percentage (%)
Gender		
Male	14	51.9
Female	13	48,1
Gross motor level		
One	17	63.0
Two	7	25.9
Three	3	11.1

General data of gender in the study most of the parents of kindergarten children As Syariah Rambipuji Jember worked both with a total of 20 people (74.1%). And a small number of parents only work as one of 7 people (25.9%). One sibling or single numbered 17 people (63.0%). As well as a small number of siblings with two siblings as many as 7 people (25.9%) and with 3 siblings as many as 3 people (11.1%)

Almost all children were given gadget transfers to As Syariah Rambipuji Jember Kindergarten children with 22 people (81.5%). And a small number of children were not given gadget transfers as many as 5 people (18.5%).

DISCUSSION

Judging from the results of the assessment of the 27 respondents as a whole, they are in the BB category, this shows that the problems faced by group A students at TK As Syariah Rambipuji Jember are if at school they focus too much on reading, writing, counting which only focuses on fine motor skills, as well as a lack of game media. interesting variety for children.

Factors that influence children's gross motor development are strong motivation, a conducive environment and gender, it is known to have an influence on the child's development process, but the gross motor skills of each child are different. where parents who have one child will affect the child's gross motor skills due to a lack of playmates and most parents work both so that no one supports the development of children's gross motor skills with no busy time for parents to work.

Snakes and ladders games can be given to children aged 4-5 years with the aim of stimulating or stimulating children's development including gross motoric development of children and the purpose of developing gross motor skills is to introduce and train basic movements, improve management skills, control body movements and coordination and improve skills body and a healthy way of life, so as to support the growth of a healthy, strong and skilled body.

In accordance with the goals of physical development, students are trained in basic movements that will help develop gross motor skills in children later (Ministry of National Education, 2020).

The results of the study showed that most of the children of Kindergarten As Syariah Rambipuji Jember were in the BSB category with 25 people and in the BSH category with 2 people. From these data, it was obtained that children's learning mastery in gross motor development of children through the Snakes and Ladders Game after the results showed that the Snakes and Ladders Game could stimulate children's motor exploration rude. Can stimulate six aspects of child development in children's gross motor skills.

While the situation is fun because it is played together either with teachers, friends or family members. Growing self-confidence and positive self-image of children, in playing this tool, children will independently play games by shaking dice, throwing dice and running dice with confidence and joy.

This game is carried out 4 times for 2 weeks, meetings in 1 week there are 2 meetings so that it can improve children's abilities and remember to achieve the expected indicators so that children can easily memorize how the six aspects must be achieved because they have tried several times with the same game.

The child's gross motor skills have not developed properly because they have not reached the expected indicators due to a lack of interesting game media, whereas the presence of snakes and ladders game media that is interesting and not monotonous can be a solution to the development of children's gross motor skills by having several meetings that previously received low scores will decrease.

Based on the results of research by (Nisa, 2021) entitled Gross Motoric Ability of children aged 4-5 years at Tunas Harapan Tambang Kindergarten can be improved using educational snakes and ladders media with a total assessment of reaching 86% of all children, this is with the media The game of snakes and ladders is also interesting and will affect the stimulus in children because children are able to explore while playing through snakes and ladders.

From the research conducted with the snakes and ladders game, the children were guided to move like jumping, towards the box that corresponds to the number of the dice thrown. This can improve children's gross motor skills. In addition, when a child jumps, the whole body will also move, such as hand swings, leg thrusts, and other limbs. Evidenced by the child being able to jump on one leg and being able to maintain his body balance without help from the teacher, being able to catch a ball and throw a ball where there is pressure on the muscles.

There is a significant development in motor skills in children aged 4-5 years at As Syariah Rambipuji Kindergarten Jember. With the implementation of the snake and ladder game, there is an influence on the gross motor skills of children aged 4-5 years. Snakes and ladders game requires children to be more active. So that it can improve gross motor skills, such as running, jumping and jumping, kicking, throwing, catch, cling. Therefore, the snake and ladder game is very suitable to be applied to improve the gross motor skills of children aged 4-5 years in playgroups or kindergartens. This really needs to be maintained so that gross motor skills in children can continue to develop properly.

CONCLUSION

The results of the gross motoric assessment in children aged 4-5 years before being given the snakes and ladders game intervention at the As Syariah Rambipuji Jember Kindergarten in 2023 were in the BB category as a whole and after being given the snakes and ladders game intervention almost all were in the BSB category.

There are differences in the gross motor skills of kindergarten children aged 4-5 years before and after being given snake and ladder game stimulation at As Syariah Rambipuji Jember Kindergarten. Caused by the stimulation factor in the form of snakes and ladders game media.

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CONFLICT OF INTEREST

This research has no conflict of interest with any party.

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