

# STIMULASI MOTORIK KASAR PADA ANAK USIA DINI MELALUI BERMAIN ESTAFET DAN SIRKUIT

by Pangung Sutapa

## ABSTRACT

### GROSS MOTOR STIMULATION IN EARLY CHILDREN THROUGH PLAYING ESTAFETS AND CIRCUITS ABSTRACT

Gross motor development is so important for early childhood, this is because having good motor skills can be the basis for the development of subsequent movements. This study aims to determine the effectiveness of improving gross motor skills after exercising by playing the relay and playing the circuit. This research method is experimental. The sample used in this study amounted to 68 people who were divided into two groups, namely the group receiving the relay playing treatment and the other group receiving the circuit playing treatment. The instrument used to collect data on gross motor skills consisted of five points, namely (1) 20 meter running speed, (2) the power of throwing a tennis ball, (3) the explosive power with long lomcat without prefix, (4) balance by walking on blocks 4 meter long walkway and (5) Agility by turning back and forth through kun. The data analysis technique used two-way ANOVA with a significance level of 5%. The results showed that the two types of exercises, namely the relay and the circuit, both showed a significant difference in  $P < 0.05$ , while the mean size for those who did circuit training showed that the results were greater than the etafet.

Gross Motor Stimulation By Playing

Kata Kunci: *Gross Motor Stimulation By Playing*