

Analysis of the Relationship between Physical Activity, Motor Ability, and Social Skills for Elementary School Children in Disaster-Prone Areas

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ABSTRACT

This study aims to determine the relationship between physical activity, motor ability, and social skills for elementary school children in disaster-prone areas.

The research design used is correlational. The subject of this study was 155 students from elementary school students in the disaster-prone area of Mount Merapi, which is 5-10 km from Mount Merapi. Data collection techniques in this study used tests and measurements as well as filling out questionnaires. Tests and measurements were carried out to obtain data on motor skills, while filling out a questionnaire was used to obtain data on physical activity and social skills. The research instrument used to collect data on motor skills used a motor ability test from Nurhasan (2004), which included: a 4 x 10 meter shuttle run, a 1 meter ball catch throw test against a wall, a stork stand positional balance, and a 30 meter sprint. The physical activity data collection instrument uses the Physical Activity Questionnaire for Older Children, from (Kent C. Kowlaski, et al, 2004), which has been tested by Dapan (2017) with a reliability of 0.682 – 0.745. The social skills data collection instrument used the Social Skill Rating Scale for Primary School Students-Teacher Form (SSRS-T) from Zeynep Karatas, et al (2015).

The results of the study show that: 1) there is a significant relationship between physical activity and social skills in elementary school-age children in disaster-prone areas. the correlation coefficient of physical activity with social skills obtained an r count of 0.707 and a significance value (sig) of 0.000. Because the r count is $0.707 > r \text{ table } 0.157$ and the significance value is $0.000 < 0.05$, 2) there is a significant relationship between motor skills and social skills in elementary school-age children in disaster-prone areas. The correlation coefficient of motor skills with social skills obtained an r count of 0.828 and a significance value (sig) of 0.000. Because the r count is $0.828 > r \text{ table } 0.157$ and the significance value is $0.000 < 0.05$, and 3) there is a significant relationship between physical activity and motor skills on social skills in elementary school-age children in disaster-prone areas. The calculated F coefficient is 278.439 and the sig. $0.000 < 0.05$.

Kata Kunci: Physical Activity, Motor Ability, Social Skills, Elementary School Children