Bermain Mini Outbond Sebagai Alternatif Peningkatan Kemampuan Motorik Pada Anak Usia Dini

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ABSTRACT

Abstract

Playing is a necessity for children, there is even a saying that the world of children is a world of play. The purpose of this study was to determine the effect of playing mini outbound on the improvement of motor skills in early childhood.

This research method is a quasi-experimental because in this study there is no control group and data collection by motor ability tests. The research was conducted at TK ABA Pengasih, Kulon Progo Regency, Yogyakarta Special Region. The research instrument to obtain the data in this study used a research instrument in the form of a gross motor skill test 1. 25 meters fast run, 2. Long jump without prefix. 3. Throw the ball with one hand. 4. Balance. 5. Agility. The data analysis technique used in this study was the t test with a significance level of 5%.

The results showed that the data normality test in this study used the Kolmogorov Smirnov, with the help of SPSS 20.0 for windows. Based on statistical analysis, the normality test performed showed the result P> 0.05. This indicates that the distribution is normal. Based on the results of the homogeneity test, it shows that P> 0.05. This shows that the data in this study are homogeneous in other words that the population has the same variant or homogeneity. The first hypothesis states that there is an effect of playing mini outbound on the improvement of motor skills of early childhood. The results of the analysis proved that playing mini outbound could improve motor skills P <0.05, thus the research hypothesis was significantly accepted. The second hypothesis which states that there is an effect of playing mini outbound that is most affected is the ability of agility. It is proven that the largest mean difference is agility, followed by throwing a ball, running, jumping and balance.

Keywords: Outbound play and early childhood motor skills

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