

## The Increased of Childrens Motor Rough Ability through Movement and Songs in Nur-Ikhsan Bone-Bone Kindergarten

**Salwiah**

Department of Early Childhood Education Program, Halu Oleo University, Kendari, Indonesia

E-mail: [salwiah@ymail.com](mailto:salwiah@ymail.com)

**Abstract.** The Increased of children Motor Rough Ability through Movement and Songs in Nur-Ikhsan Bone-Bone kindergarten. The form of the research was how to increased of children motor rough ability through movement and songs at Nur-Ikhsan Bone-Bone kindergarten?. The purpose of this research was to increased of children motor rough ability through movement and songs in Nur-Ikhsan Bone-Bone kindergarten?. The function of this research were children are able to experience and new knowledge in developing motor skills ability of children through movement and songs. The children can optimize the flexibility of his body and motor skill abilities. The types of the research was classroom action research, that's conducted by two cycles. The types of the research follows by classroom action research procedure consist of: (1) planning, (2) action, (3) observation and evaluation, (4) reflection. The subject in this study were all the teachers and students in Nur-Ikhsan Bone-Bone kindergarten amountd 20 people consist of 9 boys and 11 girls by interval ages of 5-6 years old. The result of first cycle, that's teachers learning activities getting percentage completed of 85,8%, and then the students learning activities getting percentage completed of 80%. At the second cycles, teachers learning activities has the higher getting percentage to be completed of 92,9%, and then the students learning activities has the higher getting percentage to be completed of 93,33%. Based on the result of research that's children motor rough ability through movement and songs show that there is upgrading, its means could be showed before and after action. Before action getting percentage of 30% and more increased at the first cycle that's 70%. And then the action of second cycles getting percentage of 90%. The research conclude that the children motor rough ability could be upgrading through movement and songs at Nur-Ikhsan Bone-Bone kindergarten in school years 2017/2018.

### 1. Introduction

According to [1] concerning the national education system in the first article paragraph 14 states that Early Childhood Education is a coaching effort shown to children from birth to age 6 years which are carried out through the provision of educational stimuli to help growth and development physical and spiritual so that children have readiness in entering further education. Thus the child needs to be guided in all good things related to social activities, moral activities, communication activities and motor activities. The golden age is a child, namely the time when the child has a lot of very good potential to develop. At this stage, the time is right to instill the character's good values that will hopefully form his

personality. Learning in early childhood places more emphasis on habituation in children and developmental aspects of the child itself. According to [2] education matching with the cognitive students structure and that in line with the ages.

Early childhood is seen as having a different creativity compared to the ages that exist after that age. Children are the next generation of the nation that will later build the Indonesian nation into an advanced nation, so early childhood education is very important for families to create a better generation of human resources. Education provided to children from an early age is not like very formal education as adults do, having to go to school uniformly, study seriously, and obey rules. Learning in early childhood places more emphasis on habituation in children and developmental aspects of the child itself. Early childhood is seen as having a different creativity compared to the ages that exist after that age. Children are the next generation of the nation that will later build the Indonesian nation into an advanced nation, so early childhood education is very important for families to create a better generation of human resources.

In children kindergarten-aged, the development of physical abilities of children experiences rapid and rapid development, the process of physical flexibility of the child's body develops rapidly and rapidly at the age of kindergarten. Growth and development of the physical ability of the child's body flexibility is certainly related to the child's developmental process. States that dance movements are the most basic and oldest expressions expressed through motion, which have been processed in such a way as to be able to give emotions to the creator, both feelings of pleasure, sadness, revenge, and so on. Dance movement is a range of physical activities. The media expressing dance is motion using members of the human body. Motion materials are fingers, wrists, feet, hands, head, eyes and so on. Based on the description above, the purpose of this study was to improve the gross motoric development of children through motion and song in Nur-Ikhsan Bone-Bone kindergarten. Development is a pattern of change that starts in the womb, which continues throughout life. Children are small humans who have potential that still need to be developed. In addition, children have 10 curiosity about what they see and hear.

The development of children is known that recognizing children can be seen from age, behavior, and physical condition. Growth and development of children is often referred to as the golden age because at that time the physical condition and all abilities of children are growing rapidly. Motor development is the process of acquiring skills and patterns of movement that can be carried out by children, motor skills are needed to control the body. Two types of motor skills, namely soft muscle skills and rough muscles, smooth muscle skills usually used in indoor learning activities, while rough muscle skills are used outdoors, the development of fine motor skills is an activity that uses smooth muscles in the feet and hands, this movement requires speed and accuracy, in addition to the development of gross motor skills involving the activities of the whole body or parts of the body using various movements of certain muscles children can learn to crawl, throw, flexibility. Developing motor skills requires remembering and experiencing skills. The child remembers motor movements that have been carried out in order to make repairs and smoothing motion. The experience gained by children and skills is very important for children to obtain certain motor skills. Developing children's motor skills requires exercises in order to develop these motor skills. The motoric skill can train by direct outdoor study [3] [4].

Based on the statement above dividing motor skills in three categories, namely locomotor skills, non lokomotorik, the skill of projecting, accepting to move and capture objects. Locomotor skills consist of walking, running, jumping, jumping, crawling, sliding, rolling, stopping, starting to walk, flopping, dodging. The child's ability to move basically develops in line with the maturity of the nerves and muscles of the child, so that any simple movements can produce complex interactions of various parts and systems in the body that are controlled by the brain. . The development of children's motor skills can be clearly seen through the movements and games they can do. Improving children's physical skills is also closely related to play activities which are the main activities of early childhood. Children's motor development will be more optimized if the environment in which children grow up supports them to move freely. Outdoor activities can be the best choice because they can stimulate muscle development. If

children's activities in the room, maximizing the room can be used as a strategy to provide free space for children to run, jump and move their whole body in unlimited ways. Exercise benefits the child's motor development. In addition to physical development, exercise is also very good for brain development and child psychologists. Including children in sports groups will improve physical health, psychosocial psychology. Children become happy to get stimulation of creativity that is good for their development. Motion and Song is a learning material applied by the teacher when teaching students by singing while moving. In this case motion and song have their respective meanings, namely motion is the activity of playing the limbs so that their position and shape change. While the song is singing poetry/sentences so that it becomes pleasant to hear. We can give a combination of both of them, namely singing syair while playing one limb with each other simultaneously.

## 2. Methods

The type of research used is classroom action research. The efforts made by the teacher aim to improve and increased the gross motor skills of children through movement and song. Classroom action research is a reflection of learning activities in the form of an action, which is deliberately raised that occurs in a class simultaneously. Class action research to help someone overcome practical problems encountered in an emergency situation and help deliver goals. Classroom action research is a scrutiny carried out by the teacher in his own class through self-reflection to improve his profession as a teacher so that student learning outcomes continue to increase. The teacher needs to take action to solve a problem faced in his class so that the learning process takes place smoothly, so that the learning objectives can be achieved properly. The subjects in this study were teachers and children.

The object of research is the learning process in improving the gross motor skills of children through motion and song. The subjects in this study were teachers and students at Nur-Ikhsan Bone-Bone Kindergarten, total 28 people consist of 11 girls and 9 boys with ages 5-6 years. Participants involved in the research activities were Nur-Ikhsan Bone-Bone kindergarten teacher, Istin Sarnawati. During the process of conducting research, participants acted as observers. While researchers act as teachers who provide action to students through motion and song. In this study data was obtained through the results of interviews, observation and documentation. Interviews are direct meetings planned between interviewers and interviewees to give and receive information needed in research. In this study, the interviewees were teachers in Nur-Ikhsan Bone-Bone kindergarten. Observations were carried out by teacher in Nur-Ikhsan Bone-Bone kindergarten as an observer by using an observation sheet. Use of this observation sheet to see the process of implementing learning carried out by the teacher through activities of motion and song. While the documentation is intended to obtain data by looking at the real conditions in the field in this case in the classroom when implementing learning through motion and song activities. This documentation is in the form of photos of teachers / researchers and children's activities which are intended as supporting material in this study.

Data processing collection techniques in this study was analyzed based on the results of the assessment of the gross motor skills of children through motion and song. In analyzing the data and giving an assessment of each performance indicator, the researcher refers to the guidelines for grading in educational units in kindergartens, namely by evaluating qualitatively or by giving a star symbol, as follows: \* = under developed, \*\* = start developing, \*\*\* = growth according to expectations, \*\*\*\* = growth by excellent [5]. that is by using the following signs: \* = under developed, \*\* = start developing, \*\*\* = growth according to expectations, \*\*\*\* = growth by excellent [5].

### 3. Results and Discussions

#### 3.1. Result

The study was conducted in 2 cycles, namely first cycle were 4x meeting and second cycle were 4x meeting. The results of the first cycle can be seen in the table below. Based on the results of the first cycle of meetings 1 to 4 shows that the average value of students is at the level of star rating (\*\*\*) or growth according to expectation. Based on the results obtained in the table, it can be seen that classically improving the gross motor skills of children through rhythmic gymnastics at Nur-Ikhsan Bone-Bone kindergarten by the assessment stage in the first cycle, the average student obtains a star rating (\*\*\*) or growth according to expectation with a percentage of 55% of 11 students out of 20 children as a whole. Star rating (\*\*\*\*) or growth by excellent with a percentage of 25% which is obtained by 3 students, for star values (\*\*) or just to develop with a percentage of 20% which is obtained by 4 students, while for the value of stars (\*) or under developing with a percentage of 10% that is obtained by 2 students. Based on the results of these evaluations, most children have been able to carry out activities well but have unreached a performance indicator that is 75% if students get the value of growth according to expectation and growth by excellent.

Second cycle results can be seen in the table below. Based on the results of the second cycle of research (meetings 1 to 4) indicate that the average acquisition value of students is at the level of star (\*\*\*) or growth according to expectation and star value (\*\*\*\*) or growth by excellent. Based on data on student grades obtained in table, it can be concluded that classically the value of students in activities increased the gross motor skills of children through movement and songs in Nur-Ikhsan Bone-Bone kindergarten has increased, because of the success rate students namely 90% (attachment 9). Students who get a star rating (\*\*\*\*) or growth by excellent that is as many as 9 students with a percentage of 45%, star rating (\*\*\*) or growth according to expectation which is as many as 9 students with a percentage of 45%, for those who get a star rating (\*\*) or just develop that is as many as 2 students with a percentage of 10%. Although there are still students who get a star rating (\*\*) or just develop but it can be said that the majority of students are considered to have been able to complete tasks that have been set in accordance with the assessment indicators in this study, especially in implementing second cycle in actions . In addition with the acquisition of 90% of the value achieved by 18 students, it can generally be said that the program of activities or series of implementation of learning in improving the gross motor skills of children through movement and songs in Nur-Ikhsan Bone-Bone kindergarten is seen as resolved and achieve a performance indicator that is 75%.

#### 3.2. Discussion

Based on the data, it can be seen the comparison of the number of children who have gross motor skills with the growth by excellent criteria and growth according to expectation, before the initial action / observation of 6 students, after the first cycle increased to 14 students and the second cycle increased again to 18 students. As long as the research activities take place, the findings of the data obtained as described on the previous page, it can be assumed that learning activities in improving the gross motor skills of children through motion and songs that are well and optimally designed and compiled by researchers collaborating with teachers at each meeting in first cycle and second cycle provide benefits to students with direct and concrete experience, and children's motor skills show improvement. When viewed from the understanding of students starting from the implementation of the first cycle of 70% when compared to the initial observation/practicus stages of research which only reached 30% and the second cycle action reached a percentage of 90%, showed better results than before, due to performance indicators what has been achieved is at least 75% so this research can be stopped. According to [6] if majority students reach minimum standart shown that the classroom action research success and the cycles must done.

#### 4. Conclusion

Based on the analysis of observational data on teacher teaching activities in the first cycle obtained an achievement percentage of 85.8%, while the learning activities of students obtained an achievement percentage of 80%. In the second cycle, the percentage of achievement of teacher teaching activities increased to 92.9%, while the percentage of achievement of student learning activities also increased to 93.33%. Based on the results of observations made at Nur-Ikhsan Bone-Bone kindergarten students in school year 2017/2018 academic year, 30% of the initial observations before the action were obtained. In the first cycle it reached 70%, where there were 3 students who growth by excellent and 11 students who growth according to expectations. In the second cycle there was an increased with 90% classical completeness, namely 9 students who growth by excellent and 9 students who growth according to expectations. Based on the results of these analyzes, students' gross motor abilities can be increased through movement and song activities in Nur-Ikhsan Bone-Bone kindergarten. However, there are still 2 students who have unsucceeded, in this case the child is given learning guidance.

#### References

- [1] Law in 20 of 2003 *concerning The National Education System*
- [2] Harianto, E. *et al.* 2019. The compatibility of outdoor study application of environmental subject using psychological theories of intelligence and meaningful learning in senior high school, *Geosfera Indonesia*, 4(2), p. 201. doi: 10.19184/geosi.v4i2.9903
- [3] Sejati, A. E., Sumarmi, S. and Ruja, I. N. .2016. Pengaruh metode pembelajaran outdoor study terhadap kemampuan menulis karya ilmiah geografi sma, *Jurnal Pendidikan: Teori, Penelitian, dan Pengembangan*, 1(2), pp. 80–86. doi: 10.17977/JP.V1I2.5804
- [4] Sejati, A. E. *et al.* 2017. The Effect of outdoor study on the geography scientific paper writing ability to construct student character in senior high school, in *Proceedings of the 5th SEA-DR (South East Asia Development Research) International Conference 2017 (SEADRIC 2017)*. Paris, France: Atlantis Press. doi: 10.2991/seadric-17.2017.22
- [5] Ministry of National Education 2004 *Assessment Guidelines in Kindergarten* (Jakarta: Ministry of National Education)
- [6] Sukariasih, L. *et al.* 2019. Improving the learning outcomes of knowledge and inquiry skill domain on third grade students of smp negeri 14 kendari through the guided inquiry learning model assisted by science kit, *Geosfera Indonesia*, 4(2), p. 175. doi: 10.19184/geosi.v4i2.10097