

**HUBUNGAN ANTARA KETERAMPILAN MOTORIK KASAR
DENGAN AKTIVITAS FISIK ANAK USIA 4 TAHUN
SKRIPSI**

Diajukan untuk Memenuhi Sebagian Syarat Mendapatkan Gelar Sarjana
Olahraga Program Studi Ilmu Keolahragaan



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FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
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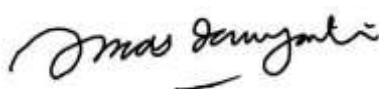
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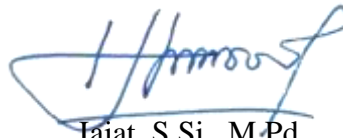
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ABSTRAK
HUBUNGAN ANTARA KETERAMPILAN MOTORIK KASAR
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Pembimbing I dan II : Dr. dr. Imas Damayanti, M.kes. dan Jajat, S.Si., M.Pd,

Usia dini sangat penting untuk pertumbuhan dan perkembangan anak salah satunya adalah perkembangan keterampilan motorik kasar. Anak usia dini lebih banyak menghabiskan waktu untuk bermain dan memerlukan aktivitas gerak untuk pertumbuhan dan perkembangan tubuh yang optimal. Anak-anak yang secara teratur melakukan aktivitas fisik akan lebih cenderung meningkatkan penguasaan gerakan keterampilan motorik. Oleh karena itu, tujuan dari penelitian ini adalah untuk mengkaji hubungan antara keterampilan motorik kasar dengan aktivitas fisik anak usia 4 tahun. Metode yang digunakan pada penelitian ini adalah studi korelasi. Teknik pengambilan dalam penelitian ini adalah *Accidental sampling*. Sampel dalam penelitian ini berjumlah 50 orang anak usia 4 tahun yang mengikuti kegiatan pembelajaran seperti PAUD, TK, dan KOBER di Bandung Raya. Pengambilan data dengan metode objektif dilakukan menggunakan akselerometer *ActiGraph* untuk mengukur Aktivitas fisik, dan tes *Supine Timed Up and Go*, tes *One Leg Standing Balance*, tes *Standing Long Jump* untuk pengambilan data keterampilan motorik kasar. Hasilnya, pada pengukuran tes *Supine Time Up and Go* didapatkan p sebesar (0,808) $> 0,05$. Selain itu, pada tes *One Leg Standing Balance* didapatkan p sebesar (0.624) $> 0,05$. Kemudian pada tes *Standing Long Jump* didapatkan p sebesar (0.850) $> 0,05$ yang menunjukkan bahwa tidak terdapat hubungan antara Keterampilan Motorik Kasar dengan Aktivitas Fisik pada anak usia 4 tahun.

Kata Kunci: Anak Usia Dini, Aktivitas Fisik, Keterampilan Motorik Kasar, Anak Usia 4 tahun.

ABSTRACT

The Correlation Between Gross Motor Skills and Physical Activity Of 4- Year-Old Children.

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Early childhood is very important for the child development, one of which is the development of gross motor skills. Early childhood spends more time playing that requires motion activity for optimal body growth and development. Children who regularly engage in physical activities are more likely to increase their mastery of motor skill movements. Therefore, the aim of this study is to examine the correlation between gross motor skills and physical activity of 4-year-old children. The method that is used in this research is correlation study. The sampling technique in this study is Accidental Sampling. The sample in this study are 50 children aged 4 years from PAUD, TK, and KOBER in Bandung Raya. Data retrieval with an objective method is done using the ActiGraph accelerometer to measure the physical activities, and the Supine Timed Up and Go test, One Leg Standing Balance test, Long Jump Standing test to take the data on their gross motor skills. The result, the measurement of the Supine Time Up and Go test obtained p of $(0,808) > 0,05$. In addition, the One Leg Standing Balance test obtained p of $(0,624) > 0,05$. Then in the Long Jump Standing test p obtained was $(0,850) > 0,05$ which shows that there is no correlation between Gross Motor Skills and Physical Activity in 4-year-old children.

Keywords: Early Childhood, Physical Activity, Gross Motor Skills, 4-year- old Children.

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