

**MODEL AKTIVITAS FISIK ANAK USIA 4-5 TAHUN**

**DISERTASI**

**Diajukan untuk Memenuhi Sebagian dari Syarat  
untuk Memperoleh Gelar Doktor Ilmu Pendidikan  
dalam Bidang Pendidikan Olahraga**



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Januari 2023

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## SURAT PERNYATAAN

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## UCAPAN TERIMAKASIH

Dalam penyelesaian disertasi ini penulis banyak mendapat bantuan dan perhatian yang tidak terhingga dari berbagai pihak. Untuk itu pada kesempatan ini penulis menyampaikan terima kasih kepada :

1. Allah Subhannahu Wa Ta'ala yang telah memberi saya kekuatan dan kesabaran dalam menjalani program Doktor ini.
2. Prof. Dr. M. Solehuddin., M.Pd., MA, selaku Rektor Universitas Pendidikan Indonesia.
3. Prof. Dr. Syhabuddin., M.Pd selaku Direktur Sekolah Pascasarjana Universitas Pendidikan Indonesia.
4. Prof. Dr. Adang Suherman., M.A selaku Promotor yang dengan sabar telah membimbing dan mengarahkan penulis dalam menyelesaikan disertasi ini.
5. Prof. Dr. Herman Subarjah., M.Si selaku Co-Promotor, yang telah membimbing penulisan disertasi ini.
6. Prof. Dr. Beltasar Tarigan., M.S., AIFO sebagai penguji yang telah memberikan masukan dalam disertasi ini.
7. Prof. Dr. Syahrial Bachtiar., M.Pd sebagai penguji yang telah memberikan masukan dalam disertasi ini.
8. Orang tua, Drs. Ramadi., S.Pd., M.Kes AIFO dan Yunita yang selalu mendukung penulis dalam menjalani studi S3 hingga selesai.
9. Ka. Prodi S3 Pendidikan Olahraga SPs UPI, yang telah memfasilitasi penulis dalam menimba ilmu hingga selesai.
10. Dr. Nuryadi., M.Pd sebagai Pembimbing Akademik penulis.
11. Istri, Mona Anggela., S.Pd, yang selalu sabar dalam menemani penulis dari awal hingga bisa menyelesaikan disertasi ini. Peluk hangat untuk Ananda Kalief Athariz Hakim dan Keenan Athala Hakim sebagai inspirasi penulis dalam menyelesaikan disertasi ini.
12. Kakak, adik dan keluarga besar lainnya yang tak henti memberikan doa hingga penulis berhasil menyelesaikan disertasi ini.
13. Dosen pengajar di Program S3 Pendidikan Olahraga SPs UPI, yang telah banyak memberikan ilmu yang bermanfaat bagi penulis.

14. Staf Prodi, dan SPs UPI yang telah membantu penulis dalam hal administrasi.

Penulis menyadari bahwa masih banyak kekurangan dalam disertasi ini, meskipun telah diusahakan sebaik mungkin. Hal ini semata-mata disebabkan oleh keterbatasan kemampuan dan kekhilafan dari penulis, namun penulis berharap semoga disertasi ini ada manfaatnya bagi peneliti lainnya yang ingin mengembangkan model aktivitas fisik dan perkembangan anak usia dini di Indonesia. Amin.

Bandung, 04 November 2022

Kristi Agust

## **ABSTRAK**

Tujuan penelitian ini adalah untuk mengembangkan model aktivitas fisik anak usia 4-5 tahun dalam rangka meningkatkan *social skill* serta level dalam melakukan aktivitas fisik. Penelitian menggunakan metode *research and development*. Sampel dalam penelitian ini adalah siswa Taman Firdaus Percikan Iman Kota Bandung, teknik pengambilan sampel menggunakan *simple random sampling* sehingga seluruh sampel berjumlah 52 orang. Untuk mengukur *social skill* peneliti mengadopsi dari instrumen *Measuring Elementary School's Student Social and Emotional Skills*, sedangkan untuk mengukur level aktivitas fisik peneliti menggunakan *Actigraph accelerometer*. Hasil penelitian menunjukkan terdapat peningkatan *social skill* dan juga level aktivitas fisik setelah diberikan perlakuan menggunakan model aktivitas anak usia 4-5 tahun. Berdasarkan hasil penelitian, model aktivitas fisik anak usia 4-5 tahun dapat diterapkan di sekolah khususnya Pendidikan Anak Usia Dini dalam rangka meningkatkan *social skill* dan partisipasi aktivitas fisik secara bersama-sama.

**Kata Kunci:** *Social Skill, Aktivitas Fisik, Anak Usia Dini, Model Pembelajaran*

### ***ABSTRACT***

*The purpose of this study was to develop a model of physical activity for children aged 4-5 years in order to improve social skills and level in physical activity. The research uses research and development methods. The sample in this study were students of Taman Firdaus Percikan Iman Bandung City, the sampling technique used simple random sampling so that the entire sample amounted to 52 people. To measure social skills, the researcher adopted the Measuring Elementary School's Student Social and Emotional Skills instrument, while to measure level physical activity the researcher used the Actigraph accelerometer. The results showed that there was an increase in social skills and participation in physical activity after being treated using an activity model for children aged 4-5 years. Based on the results of the study, the physical activity model of children aged 4-5 years can be applied in schools, especially Early Childhood Education in order to improve social skills and participation in physical activity together.*

**Key Words:** *Social Skill, Physical Activity, Early Childhood, Learning Model*



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