

## ABSTRAK

### PENGARUH PERMAINAN TRADISIONAL TERHADAP PENINGKATAN MOTORIK KASAR DAN KESEIMBANGAN DINAMIS DI SDN JOMPO KULON

*Fajar Suprayogi, Rifqi Festiawan, Neva Widanita*

**Latar Belakang :** Aktivitas fisik anak-anak saat ini mengalami penurunan signifikan akibat perubahan gaya hidup dan teknologi digital, yang berdampak negatif pada perkembangan kemampuan motorik. Di Indonesia, fenomena ini semakin nyata dengan berkurangnya minat anak terhadap permainan tradisional, yang secara langsung memengaruhi keterampilan gerak dan keseimbangan. Berdasarkan data awal di SDN Jompo Kulon, 40% siswa cenderung pasif dalam aktivitas fisik, dan 25% mengalami masalah keseimbangan dinamis. Permainan tradisional seperti gobak sodor, engklek, dan boi-boian diyakini dapat menjadi solusi efektif untuk mengatasi permasalahan tersebut.

**Metodologi :** Penelitian ini menggunakan metode kuantitatif dengan desain *one-group pretest-posttest*. Subjek penelitian adalah 18 siswa berusia 10 tahun yang dipilih secara *purposive sampling*. Intervensi dilakukan selama 14 sesi menggunakan permainan tradisional. Kemampuan motorik kasar diukur menggunakan *Test of Gross Motor Development-2nd Edition (TGMD-2)*, sedangkan keseimbangan dinamis diukur dengan *Two-Foot Balance Test*.

**Hasil Penelitian :** Analisis *paired t-test* menunjukkan peningkatan signifikan pada motorik kasar (rerata *pre-test* = 7,78; *post-test* = 11,39;  $p < 0,001$ ) dan keseimbangan dinamis (rerata *pre-test* = 20,96; *post-test* = 31,51;  $p < 0,001$ ). Hasil ini membuktikan bahwa permainan tradisional memiliki pengaruh positif terhadap pengembangan kemampuan motorik kasar dan keseimbangan dinamis siswa.

**Kesimpulan :** Permainan tradisional merupakan metode yang efektif untuk meningkatkan kemampuan motorik kasar dan keseimbangan dinamis.

**Kata Kunci :** Permainan Tradisional, Motorik Kasar, Keseimbangan Dinamis.

## ABSTRACT

### THE EFFECT OF TRADISIONAL GAMES ON GROSS MOTOR SKILLS AND DYNAMIC BALANCE IN STUDENTS AT SDN JOMPO KULON

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**Background:** Children's physical activity has significantly declined due to lifestyle changes and digital technology, negatively impacting motor skill development. In Indonesia, this phenomenon is increasingly evident through reduced children's interest in traditional games, which directly influences movement skills and balance. Preliminary data from SDN Jompo Kulon revealed that 40% of students tend to be passive in physical activities, and 25% experience dynamic balance problems. Traditional games like gobak sodor, engklek, and boi-boian are believed to be an effective solution to address these issues.

**Methodology:** This study employed a quantitative method with a one-group pretest-posttest design. The subjects were 18 ten-year-old students selected through purposive sampling. The intervention involved 14 sessions of traditional games. Gross motor skills were measured using the *Test of Gross Motor Development-2nd Edition (TGMD-2)*, while dynamic balance was assessed using the *Two-Foot Balance Test*.

**Results:** The paired t-test analysis showed significant improvements in gross motor skills (pre-test mean = 7.78; post-test mean = 11.39;  $p < 0.001$ ) and dynamic balance (pre-test mean = 20.96; post-test mean = 31.51;  $p < 0.001$ ). These results indicate that traditional games positively impact gross motor skills and dynamic balance development.

**Conclusion:** Traditional games are an effective method for improving children's motor skills, specifically gross motor abilities and dynamic balance.

**Keywords:** Traditional Games, Gross Motor Skills, Dynamic Balance