

Astika Rahma, 2025. Efektivitas Permainan *Outbond* Jaring Labirin Dalam meningkatkan Motorik Kasar Anak 5-6 Tahun di TK Pembina Bangkalan. Skripsi, Program Studi Guru Pendidikan Guru Anak Usia Dini. Jurusan Ilmu Pendidikan, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Trunojoyo Madura. Pembimbing: Fikri Nazarullail S.Pd M.Pd

ABSTRAK

Penelitian ini dilatar belakangi oleh rendahnya motorik kasar anak usia dini di TK Negeri Pembina Bangkalan yang disebabkan oleh penerapan sentra olah tubuh yang dilakukan pada kurun waktu satu minggu sekali atau bahkan satu bulan sekali disebabkan oleh kurangnya pendidik dalam menghandel ketika aktivitas fisik di luar kelas. Selain itu, tuntutan dari orang tua yang menginginkan anaknya belajar calistung sejak dini juga mempengaruhi keterlambatan perkembangan motorik kasar anak. Tujuan dari penelitian ini untuk meningkatkan motorik kasar anak 5-6 tahun melalui kegiatan permainan *outbond* jaring labirin di TK Negeri Pembina Bangkalan. Penelitian ini menggunakan *One pre test post test design*. Populasi penelitian ini adalah seluruh anak kelompok B TK Negeri Pembina Bangkalan yang berjumlah 31 anak dengan sampel yang dipakai adalah 31 anak. Proses pengumpulan data menggunakan metode observasi, wawancara dan dokumentasi. Berdasarkan hasil analisis yang telah dilakukan melalui tahap *pre test*, *treathmen*, dan *post test*, hasil penelitian efektivitas permainan *outbond* jaring labirin untuk meningkatkan motorik kasar anak 5-6 tahun di TK Negeri Pembina Bangkalan memperoleh keseluruhan data indikator penelitian *pre test* yaitu sebanyak 100% anak yang masuk dalam kategori mulai berkembang dan hasil indikator penelitian *post test* yaitu berkembang sesuai harapan adalah 38% sedangkan yang masuk pada kategori berkembang sangat baik adalah 62%. Hasil perhitungan N-Gain score didapatkan hasil sebesar 71% yang dihasilkan dari perhitungan antara *pre test* dan *post test*. Oleh karena itu, dapat disimpulkan bahwa efektivitas permainan *outbond* jaring labirin dalam meningkatkan motorik kasar anak 5-6 Tahun di TK Negeri Pembina Bangkalan termasuk dalam kategori “sedang/cukup efektif”.

Kata Kunci : *Outbound*, Jaring Labirin, Motorik Kasar, Anak Usia Dini

Astika Rahma, 2025. *The Effectiveness of the Maze Net Outbound Game in Improving Gross Motor Skills of 5–6-Year-Old Children at TK Pembina Bangkalan*. Undergraduate Thesis, Early Childhood Teacher Education Program, Department of Educational Sciences, Faculty of Teacher Training and Education, Trunojoyo University of Madura. Advisor: Fikri Nazarullail, S.Pd., M.Pd.

ABSTRACT

This research was initiated due to the underdeveloped gross motor skills observed in early childhood children at TK Negeri Pembina Bangkalan. This deficiency was largely attributed to the inconsistent application of physical activity centers, which were conducted sporadically, sometimes once a week, or even as infrequently as once a month. This irregular schedule stemmed from the challenges educators faced in managing outdoor physical activities. Furthermore, the persistent demands from parents for early literacy and numeracy instruction also contributed to the delayed development of these crucial motor skills. The primary aim of this study was to enhance the gross motor skills of 5-6 year old children by incorporating an outdoor "spider web labyrinth" game at TK Negeri Pembina Bangkalan. Adopting a One Pre-test Post-test Design, the research included all 31 children from group B at TK Negeri Pembina Bangkalan as both the population and the sample. Data were systematically collected through observation, interviews, and documentation. Following a thorough analysis encompassing pre-test, treatment, and post-test phases, the findings demonstrate the effectiveness of the outdoor "spider web labyrinth" game in improving the gross motor skills of the children. During the pre-test, every child, 100%, was categorized as "beginning to develop." However, the post-test results showed a significant shift: 38% of the children were classified as "developing as expected," and a substantial 62% had progressed to the "developing very well" category. The N-Gain score, calculated from the comparison between pre-test and post-test data, yielded a 71% improvement. Consequently, it can be concluded that the "spider web labyrinth" outdoor game is "moderately effective" in boosting the gross motor skills of 5-6 year old children at TK Negeri Pembina Bangkalan.

Keywords: *Outbound*, Maze Net, Gross Motor Skills, Early Childhood