

Putri Nur Azizeh. 2026. *Pengaruh Permainan Aberkak Terhadap Perkembangan Motorik Kasar Anak Usia 5-6 Tahun di TK Dharma Wanita Persatuan 2 Kesek*. Skripsi. Program Studi Pendidikan Guru Pendidikan Anak Usia Dini, Fakultas Keguruan Ilmu Pendidikan, Universitas Trunodjoyo Madura.

Dosen Pembimbing: Fikri Nazarullail, S.Pd., M.Pd.

ABSTRAK

Penelitian ini dilatar belakangi oleh pentingnya pengembangan motorik kasar anak usia dini melalui kegiatan bermain yang menyenangkan. Tujuan penelitian ini adalah untuk mengetahui pengaruh permainan *aberkak* terhadap perkembangan motorik kasar anak usia 5–6 tahun. Penelitian ini menggunakan pendekatan kuantitatif dengan desain Pre-eksperimental (*one group pretest-posttest*). Subjek penelitian berjumlah 30 anak. Teknik pengumpulan data menggunakan observasi dengan instrumen penilaian perkembangan motorik kasar. Analisis data menggunakan *uji N-Gain* dan *uji Wilcoxon* karena data tidak berdistribusi normal. Hasil penelitian menunjukkan bahwa nilai rata-rata *pretest* sebesar 15,57 dan *posttest* sebesar 21,10, yang menunjukkan adanya peningkatan kemampuan anak. Nilai N-Gain sebesar 0,6309 termasuk kategori sedang, serta persentase sebesar 63,09% termasuk cukup efektif. Hasil *uji Wilcoxon* menunjukkan nilai signifikansi $0,000 < 0,05$, sehingga terdapat pengaruh yang signifikan. Dengan demikian, permainan *aberkak* berpengaruh dan cukup efektif dalam meningkatkan motorik kasar anak usia 5–6 tahun.

Kata Kunci: Permainan Tradisional, *Aberkak*, Motorik Kasar

Putri Nur Azizeh. 2026. The Effect of the Aberkak Game on the Gross Motor Development of 5- to 6-Year-Old Children at Dharma Wanita Persatuan 2 Kindergarten. Thesis. Early Childhood Education Teacher Education Program, Faculty of Teacher Training and Education, Trunodjoyo University of Madura.

Advisor: Fikri Nazarullail, S.Pd., M.Pd.

ABSTRACT

This study was motivated by the importance of developing gross motor skills in early childhood through enjoyable play activities. The purpose of this study was to determine the effect of the Aberkak game on the gross motor development of children aged 5–6 years. This study employed a quantitative approach with a pre-experimental design (one-group pretest-posttest). The study sample consisted of 30 children. Data collection employed observation using a gross motor development assessment instrument. Data analysis utilized the N-Gain test and the Wilcoxon test since the data were not normally distributed. The results indicated a pretest mean score of 15.57 and a posttest mean score of 21.10, demonstrating an improvement in the children's abilities. The N-Gain value of 0.6309 falls into the moderate category, and the percentage of 63.09% is considered sufficiently effective. The results of the Wilcoxon test showed a significance value of $0.000 < 0.05$, indicating a significant effect. Thus, the Aberkak game has a significant and sufficiently effective impact on improving the gross motor skills of children aged 5–6 years.

Keyword: Traditional Game, Aberkak, Gross Motor Skills